



MICHIGAN CAREGIVER RESOURCE GUIDE

AARP Real Possibilities in
Michigan

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Caregiving may be one of the most important roles you will ever take on in your life. You may have become a caregiver suddenly or perhaps your role has evolved over time. No matter where you are in the continuum of caregiving—starting to plan, helping to coordinate a big move, or taking care of a family member in your home—having resources at your fingertips will make the process easier.

With many organizations offering different types of help and services, it can be a challenge to sort out the specific type of help or services best suited for your needs. AARP developed this resource guide with you—the caregiver—in mind as a starting point to help you find the services and supports you need throughout your caregiving journey.

We hope this resource guide can assist you in the following ways:

- > **Help you get the type of assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online.
- > **Help you connect with others.** You'll discover, if you have not already, that you're a part of a community of caregivers and caregiver supporters. You are truly not alone.
- > **Help take care of yourself.** This is vitally important but something that many caregivers often overlook. The act of caregiving can take a physical and mental toll on the caregiver. So, it's important that you make self-care a top priority.

Tips to Find Services and Supports

Here are a few pointers to keep in mind as you begin to look for resources and support.

Ask for help.

Friends and family will often ask you if there is anything that they can do to help. Use your network and ask others to help you look for resources and information in your area.

If possible, use the Internet.

The Internet is an easy and quick way to get information. Because information can vary, it is important not to rely on one site alone. Also, make sure the sponsoring organization is a reputable and reliable source of information.

Talk to a real person.

Many phone numbers will lead to voicemail. It's important to leave a message, but don't wait for someone to call you back. Keep in mind that some services have backlogs of calls to return. Keep calling back until you connect with someone who can help you. Usually a second request receives prompt attention.

Write down your questions in advance.

Before you call, write down specific questions and try to be as concrete and detailed as possible.

Keep track of your conversations.

Keep a notebook of who you talked to. Write down names, phone numbers, and notes from each call. You never know when you will need the information down the road.

No one person or organization has all the answers.

The person you get on the phone or the website you visit may have expertise in certain areas, but not in others. It is always smart to be prepared with other resources and organizations that can help.

Use your creativity.

Create your own personal resource network. This could include contacting community-based agencies to find out what kinds of support services are available in your area. Consider asking friends or other caregivers what resources they found to be useful.

Many services are local.

Services can vary widely from state to state and region to region. Make sure you look for resources that provide services where you live.

“I realized that being a caregiver consumes your life. What I didn't anticipate was becoming a human resources manager, dispute mediator, traffic cop, practical nurse, benefits coordinator and financier all as part of the role as caregiver.”

—M. of Belleville



MICHIGAN RESOURCES

Following are local resources that can help to make caregiving easier. Some provide helpful information and others offer direct services such as help in the home, adult day care, social services and support groups.

AGING-RELATED

Michigan Department of Health and Human Services Aging & Adult Services Agency (AASA)

AASA coordinates services for Michigan's aging and adult population to help residents receive the services they need to maintain their independence and live healthier, higher quality lives.

This state agency can connect residents with local agencies that offer programs and services including assistance for caregivers, in-home and community services, and nutrition.

P.O. Box 30676
Lansing, MI 48909
517-373-8230
www.michigan.gov/aasa
OSAInfo@michigan.gov

Michigan Area Agencies on Aging (AAA)

The AAAs were established under the Older Americans Act in 1973 as “one-stop shops” to help connect Americans 60 and over with needed services in their local communities. Michigan's Area Agencies on Aging work with a network of over 1,200 service providers across the state including county commissions on aging, senior centers and home health agencies. There are 16 regional AAAs in Michigan. Your local AAA can help you connect with Meals on Wheels, apply for home- and community-based services through the MI Choice Medicaid waiver program, find respite care and more.

To find your local AAA visit www.mi-seniors.net/regionalmap or call 1-800-677-1116.

Michigan Long-Term Care Ombudsman Program

Long-term care ombudsmen advocate for residents living in state-licensed long-term care facilities such as nursing homes, homes for the aged, and adult foster care facilities. Local long-term care ombudsmen can provide

information about how to find an appropriate facility for your loved one. They are trained to resolve problems and can assist you with complaints.

1-866-485-9393
www.michigan.gov/osa/1,4635,7-234-64083_64551--,00.html

Adult Protective Services

Provides education and investigates allegations of abuse, neglect or exploitation against vulnerable adults. If you suspect that a vulnerable adult is being abused, neglected or exploited, you can call this agency's hotline any time day or night to make a report.

24-Hour Hotline: 855-444-3911
www.michigan.gov/abuseneglect

Health Care

Medicare Medicaid Assistance Program (MMAP)

MMAP provides free, confidential, personalized counseling to help Michigan residents navigate the Medicare and Medicaid systems, as well as veterans' health benefits and private insurance. MMAP counselors can explain your health plan options, help you identify resources for prescription drug assistance, help you understand hospital bills and Medicare notices, and more. MMAP is funded by state and federal grants and is not affiliated with the insurance industry.

Call 1-800-803-7174 or visit <http://mmapinc.org/> to be connected with a local MMAP counselor.

Hospice Care

The Hospice and Palliative Care Association of Michigan provides resources for caregivers of patients with a terminal illness. Care is directed by the patient and family and includes inpatient care; home visits by nurses, home health aides, chaplains or social workers; medications to manage pain and other symptoms; and bereavement counseling.

To find a Hospice provider near you visit www.mihospice.org.

Veterans

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. If you are a veteran or a surviving spouse who is eligible for a VA pension, you may be eligible for additional funds if you are housebound or require the aid of another person to perform everyday tasks, such as bathing, feeding and dressing.

P.O. Box 30104, Lansing, MI 48909
1-800-MICH-VET (1-800-642-4838)
www.michiganveterans.com

Michigan Veterans Benefits Counselors:
www.michiganveterans.com/Home/Benefit-Counselors

Legal Services

Elder Law of Michigan, Inc.

This 501(c)(3) organization provides free legal advice and information on a variety of topics

for older adults, people with disabilities, and their caregivers.

3815 W. St. Joseph, Suite C-200
Lansing, MI 48917
1-866-400-9164
www.elderlawofmi.org

Legal Hotline for Michigan Seniors

Experienced attorneys provide assistance over the phone and free of charge on legal topics including Social Security, consumer law, financial exploitation, wills/probate, long term care and more.

1-800-347-5297 (Monday - Thursday, 9:00 a.m. - 3:00 p.m.)

Mid-America Pension Rights Project

Basic advice about pension laws and pension rights, finding pensions “lost” due to company mergers, filing benefit claims and more. Services are provided at no charge, with no age or income requirements.

1-866-735-7737 (Monday - Friday, 9:00 a.m. - 3:00 p.m.)

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

Help with applications for food assistance benefits for seniors age 60 and older.

Call 1-877-664-2233 to find the MiCAFE site nearest you.

Housing Rights Center of Michigan

Education, counseling and legal advice related to home foreclosure, reverse mortgages, and landlord/tenant problems. Services are provided at no charge, with no age or income requirements.

1-877-452-8529
www.hrcmi.org

Assistive Technology

Michigan Disability Rights Coalition (MDRC)

The MDRC’s Assistive Technology Program helps people access low-cost, free or insurance-covered assistive technology devices and equipment, such as specialized



eating utensils and mobility aids, which can help people of all ages live more independently despite physical disabilities.

1-800-760-4600

www.mymdrc.org/assistive-tech

Twitter: @MIAssistTech

AARP HomeFit

AARP Michigan works with volunteer occupational therapists to offer HomeFit workshops to help older adults determine what changes they may need to make in their homes to age in place safely.

Visit www.aarp.org/MI to find out about HomeFit Workshops near you.

To order or download a free HomeFit guide visit www.aarp.org/livable-communities/info-2014/aarp-home-fit-guide-aging-in-place.html

Utilities

Michigan Public Service Commission (MPSC)

Various programs are available to assist older adults having difficulty paying their gas, electric or telephone bills. Many utility companies also allow customers to designate a third party—such as a family caregiver—to receive a copy of any shutoff notice that may go out to help ensure that a shutoff notice does not go unseen. To learn more about what's available in your area, contact your utility company directly or contact the MPSC.

Michigan Public Service Commission

P.O. Box 30221

Lansing, Michigan 48909

www.michigan.gov/mpsc

For inquiries or complaints, call 1-800-292-9555 (Monday - Friday, 8:30 a.m. - 4:30 p.m., excluding state holidays).

Alzheimers.gov

A free federal information resource about Alzheimer's disease and related dementias.

www.alzheimers.gov

ARCH Respite Network

The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.

www.archrespite.org

Caregiver Action Network

Information, educational materials, and support for family caregivers.

www.caregiveraction.org

Eldercare Locator

A public service of the U.S. Administration on Aging that connects caregivers to local services and resources for older adults.

www.eldercare.gov

1-800-677-1116

Family Caregiver Alliance

Tools and resources for family caregivers, including the Family Care Navigator, a state-by-state list of services and assistance.

www.caregiver.org

1-800-445-8106

NATIONAL RESOURCES

The national resources below provide valuable information and can connect you to programs and services in your state and local community.

Alzheimer's Association

Information and support for people with Alzheimer's disease and their caregivers. Operates a 24/7 helpline and care navigator tools.

www.alz.org | 1-800-272-3900



Medicare

Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.

www.medicare.gov
1-800-633-4227

National Academy of Elder Law Attorneys

A professional association of attorneys who specialize in legal services for older adults and people with special needs. Find a database of elder law attorneys by state.

www.naela.org

The National Clearinghouse for Long-Term Care Information

Information and tools to help plan for future long-term care needs.

www.aging.gov

Social Security Administration

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

www.ssa.gov | 1-800-772-1213

Veterans Administration

Provides supports and services for families caring for veterans. Connects caregivers with local caregiver supports programs for veterans.

www.caregiver.va.gov
1-855-260-3274

AARP RESOURCES FOR CAREGIVERS

AARP Caregiving Resource Center

One-stop shop for tips, tools and resources to use while caring for a loved one.

www.aarp.org/caregiving
For Spanish visit
www.aarp.org/cuidar

AARP Caregiving Support Line

Connects you directly with an information specialist who can talk with you about services and support available in your community.

1-877-333-5885
For Spanish call 1-888-971-2013
Monday-Friday,
7:00 a.m.– 11:00 p.m., EST

Advance Directive Forms

Free, downloadable state-specific advance directive forms and instructions.

www.aarp.org/advancedirectives

AARP Caregiving App

Helps you manage your to-do list, calendar of appointments and support scheduling.

You can download it at
www.aarp.org/caregivingapp

AARP Rx App

Helps you manage your loved one's medications. You can also use it to help manage your own medications.

You can download it at
www.aarp.org/rxapp

I Heart Caregivers

An initiative to recognize family caregivers by providing them a place to share their stories and learn how they can help improve caregiver support in their state.

www.aarp.org/iheartcaregivers

Living Longer, Living Smarter

An educational series that helps caregivers and older adults create a plan for their future.

www.aarp.org/decide

AARP Benefits Quick Link

Find public benefits that can help you pay for food, medicine, health care, utilities and more by using AARP Foundation's Benefits QuickLINK tools.

www.aarp.org/quicklink

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Lansing MI 48933
1-866-227-7448
aarp.org/mi

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