

Aging Services

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Aging



- Change and opportunity
- Physical, emotional, and social changes
 - adjustment and readjustment
- Services in aging or aging resources are meant to help you have the aging experience you desire
 - Often are informal
 - Can be formal

The Aging Services Network

- Public
- Private
- Familial
- No cost
- Combination

- Eligibility rules
 - Income and assets
 - Spend down
 - Medical necessity



What do You Need?

- Staying in Your Home/Maintaining Your Independence
- Caregiving Support
- Socialization
- Respite Care
- Advocacy



Staying in Your Home/Maintaining Your Independence

- In-home services
 - Health care
 - Household help and chore services
 - Personal care
- Food assistance
 - Meals on Wheels
 - Food banks
- Transportation
 - Medical
 - Non-medical

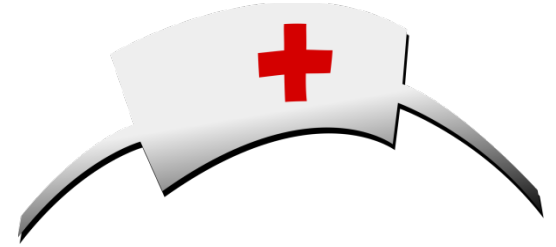
All can be accessed through the area agency on aging.

In home services and transportation also have a private pay option.

Tri County Office on Aging

- Local Area Agency on Aging (AAA) that covers Ingham, Clinton, and Eaton counties
- 5303 South Cedar Street
Lansing, MI 48911-3800
517-887-1440

In home care



- Home care nurse, PT/OT, home care social worker, home health aide, housekeeper, personal care worker, chore service provider
- How do you feel about having someone in your home?
 - Most of us will need it
- Challenges:
 - Skill level and training varies; many are low wage jobs
 - High turnover
 - Availability can be a challenge

Socialization

- Senior Centers
 - East Lansing Prime Timers
 - Meridian Senior Center
 - Delta Township 39'ers
 - Holt Senior Center
- Shaarey Zedek
- Using the computer to connect
 - Skype, email
 - Local libraries offer classes and support
- CarePages
 - Online support network that allows you to communicate with groups of people, provide updates, and ask for help
 - www.CarePages.com



Senior Centers in Our Area

- **Holt Senior Center**
2108 N. Cedar St.
Holt, MI 48842
Phone: 517-268-0096

Williamston Area Senior Center
201 School St.
Williamston, MI 48895
Phone: 517-655-5173
- **DELTA TOWNSHIP 39'ers**
4538 Elizabeth Rd.
Lansing, MI 48917
Ph: (517) 484-5600
- **HOLT SENIOR CENTER**
Sam Corey Building
2108 N Cedar St
Holt, MI 48842
Ph: (517) 268-0096
- **Prime Time Seniors Program**
819 Abbot Road
East Lansing, MI 48823
[http://
www.cityofeastlansing.com/
823/Seniors-Program-Prime-
Time](http://www.cityofeastlansing.com/823/Seniors-Program-Prime-Time)
Phone: 517-337-1113
- **Prime Time- offers a discount taxi transportation service**

Meridian Senior Center
4000 North Okemos Road
Okemos, MI 48864
<http://www.meridian.mi.us/>
Phone: 517-706-5045

Caregiving Support

- Caregiver services may include Adult Day Services, Counseling, Training, and Respite Care
- Disease specific resources
- General resources
 - Caregiver Action Network
 - AARP caregiver resource center



Respite Care



- Respite provides a break for caregivers
- Can be provided in your home
 - Ex. LAP Respite Center in East Lansing
 - Must be prearranged, eligibility
- Can be provided in a facility
 - Ex. Rainbow Homes in Holt
 - Private pay
 - Nursing homes often have respite beds available

PACE- an innovative alternative (but it's not for everybody!)

- Program for All Inclusive Care of the Elderly
- Started in Chinese community in San Francisco
 - Cultural value of caring for older relatives at home
 - Now a national model
- 11 here in MI, one in Lansing
- PACE becomes provider for all types of care & they manage your care
- Aim is to keep people in their home
- Must be nursing home eligible

Advocacy

- Abuse and neglect (Adult Protective Services)
 - Report abuse, neglect, and exploitation
 - (855) 444-3911
- Ombudsman
 - Ombudsmen investigate complaints made by, or on behalf of, individual residents in long-term care facilities, including nursing homes and assisted living facilities. They also answer questions about the quality of care or financial, physical, or mental abuse in residential facilities.
 - (866) 485-9393
- Consumer protection/fraud
 - www.michigan.gov/aging
 - Consumer education monthly newsletter
- Legal
 - Elder Law of Michigan
1-866-400-9164



How to Manage the Maze



- Assistance with coordinating services
 - Case managers through AAA
 - Discharge planners at facilities
 - Friends and family
- Geriatric care managers
- Private services, private pay
- Aging Life Services- formerly the National Organization for Profession Geriatric Care Managers
- <http://www.aginglifecare.org/>



thank
thank
you!