

## Navigating Community Resources and Options

### Information and Assistance

Connects older adults, family members and caregivers with a wide range of resources and services to support aging needs. Caring and trained Information Specialists are available by telephone, e-mail or in person.

### Options Counseling

Offers individuals, family members and caregivers unbiased support to discuss complex aging needs, explore options for assistance, and create a plan. This is no cost for this service.

- Navigating family dynamics
- Identifying long term care support services
- Advance care planning

### Medicare/Medicaid Assistance Program

Provides unbiased counseling about health benefit plans including Medicare Part D drug plans. Counselors are specialists trained in Medicare law and regulations and are not associated with any health plan.

## Healthy Aging Workshops

### Personal Action Toward Health (PATH)

Interactive six-week workshops focused on weekly goal setting and lifestyle change to manage chronic conditions.

- Diabetes (pre-diabetes, Type 1 and Type 2)
- Chronic Pain

### Matter of Balance: Managing Concerns about Falls

Eight-week workshops for older adults to prevent or reduce the risk of falls and improve overall physical strength and conditioning.

## Alternatives to Nursing Home Placement

### MI Choice Waiver Program

Provides individuals with resources to live in the community rather than a nursing home. Must be 18 years or older, eligible for nursing home admission and eligible for Medicaid to pay for long term care. Funding is provided by the Michigan Department of Health and Human Services and the Centers for Medicare and Medicaid Services.

### Care Management Program

Coordinates services for individuals to live at home rather than a nursing facility. Must be 60 years of age or older, have difficulties performing activities of daily living, be at risk of nursing home placement, and need assistance coordinating with community resources.

### Nursing Facility Transition Program

Assists individuals in developing a plan to move from a nursing facility back into the community. Must be eligible to have Medicaid pay for long term care services.

## Supporting Caregivers

### Tailored Caregiver Assessment

Helps caregivers to recognize sources of stress, strengthen self-care and link to community services.

### Creating Confident Caregivers

Supportive six-week workshops for family members caring for individuals with dementia or other cognitive conditions. Interactive exercises build caregiver's skills and knowledge, develop strategies to cope with stress and burnout, and improve self-care. Respite is available during the workshop.