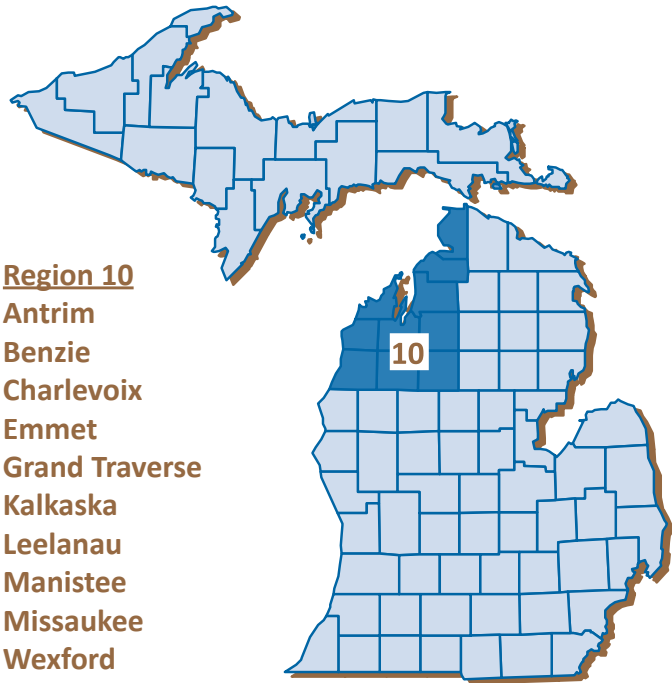


Eligibility and Cost for Services

Eligibility and costs for services may be based on several factors including age, medical needs, financial guidelines and availability of funding. Please call an Information Specialist at AAANM to discuss your specific situation. Information and Assistance and Options Counseling are always available at no charge. AAANM serves residents of ten counties in northwest lower Michigan.



The mission of the Area Agency on Aging of Northwest Michigan is to serve and advocate for older persons, adults with disabilities and caregivers by supporting their independence, dignity and quality of life.

About the Area Agency on Aging of Northwest Michigan (AAANM)

AAANM was designated as an Area Agency on Aging in 1974. As an Area Agency on Aging, AAANM is responsible for developing, managing and funding a network of services in northwest lower Michigan. We do this by:

- Advocating for the needs and preferences of older adults.
- Planning a comprehensive and cost-efficient system of home and community-based care.
- Developing programs needed by older adults.
- Contracting for and monitoring services like home delivered and congregate meals, legal services and adult day care.

AAANM receives and distributes funding from the Administration on Community Living and the Michigan Department of Health and Human Services. Additional monies are obtained through grants, donations, and local county governments.

AREA AGENCY ON AGING *of Northwest Michigan*

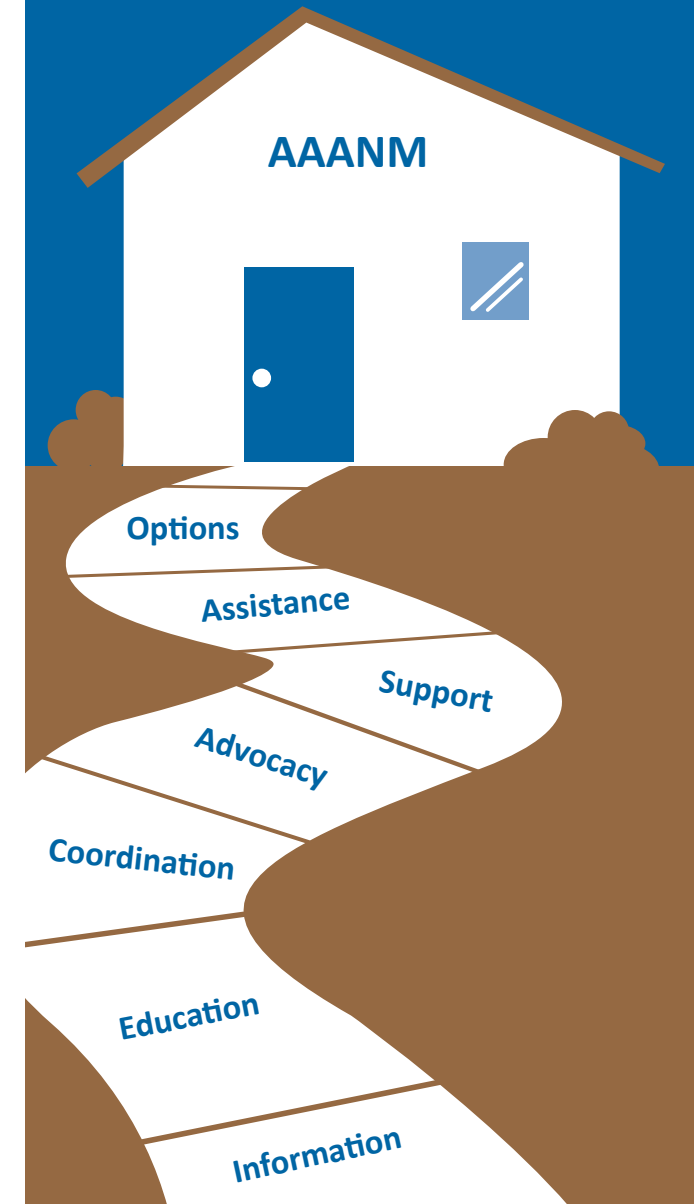
Serving the community since 1974

1609 Park Drive, P.O. Box 5946
Traverse City, MI 49696-5946
info@aaanm.org • www.aaanm.org

231-947-8920 or 800-442-1713

AREA AGENCY ON AGING *of Northwest Michigan*

Find the Right Path to Support Your Independence



Find the right path for you

The Area Agency on Aging of Northwest Michigan (AAANM) is the place to turn when you need assistance with the complex issues facing older adults, individuals with disabilities and caregivers. We can connect you to a variety of programs and resources that will help you or those you care for live as independently as possible in a community setting.

AAANM Services

- **Information and Assistance:** Connects you with a wide range of resources and services. Caring and trained Information Specialists are available by telephone, e-mail or in person by appointment.
- **Options Counseling:** Offers you an opportunity to meet with a knowledgeable Information Specialist about your specific circumstances. An unbiased Specialist can help you create a plan for your long term care needs. There is no obligation to implement the plan.
- **Caregiver Support:** Provides caregivers with information, resources, and education to increase caregiving skills and reduce caregiver stress.

- **Care Management:** Helps you live at home (rather than in a nursing facility) if you are 60 years or older and have extensive long term care needs. Supports Coordinators work with you to develop a plan of care and arrange services.
- **MI Choice Waiver Program:** Offers you a choice to live in a community setting if you are 18 years or older, require nursing home level care and are eligible to have Medicaid pay for your long term care services. Supports Coordinators help you identify your needs, build a plan and arrange care. MI Choice Waiver services are funded by Medicaid through the Michigan Department of Health and Human Services and the Centers for Medicare and Medicaid Services.
- **Nursing Facility Transition Program:** Assists you in developing a plan to move from a nursing facility back into the community. You must be eligible to have Medicaid pay for your long term care services.
- **Long Term Care Ombudsman:** Advocates on your behalf when you have care concerns in a nursing facility or adult foster care home. The Ombudsman can also discuss alternative long term care options with you.

- **Medicare / Medicaid Assistance Program (MMAP):** Empowers you with unbiased information about health benefit plans including Medicare Part D drug plans. MMAP Counselors are specialists trained in Medicare law and regulations. They are not associated with any insurance company.
- **Healthy Aging Programs:** Engages you with interactive educational workshops that support healthy lifestyles.
 - *Personal Action Toward Health (PATH)* workshops encourage practical strategies and weekly goal setting to actively manage a chronic condition, chronic pain or diabetes.
 - *A Matter of Balance: Managing Concerns about Falls* workshops reduce fear of falling through informative activities and low-impact strengthening exercises.

Contact AAANM for current program offerings or visit www.aaanm.org.

