

A photograph of a man in a suit assisting a woman into a car. The man is leaning into the car, and the woman is sitting in the driver's seat. A wheelchair is visible in the foreground. The image is overlaid with a dark blue filter.

The Senior  
Alliance™

# SERVICE NETWORK RESOURCE



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**We are dedicated to enhancing and preserving the independence of older adults and individuals with disabilities, as well as providing support to caregivers.**

The Senior Alliance is a non-profit agency designated as the Area Agency on Aging for the 34 communities of southern and western Wayne County.

Our Service Network booklet includes in-home and community-based programs and services offered directly by agency staff and service providers who are screened and under contract with our agency.

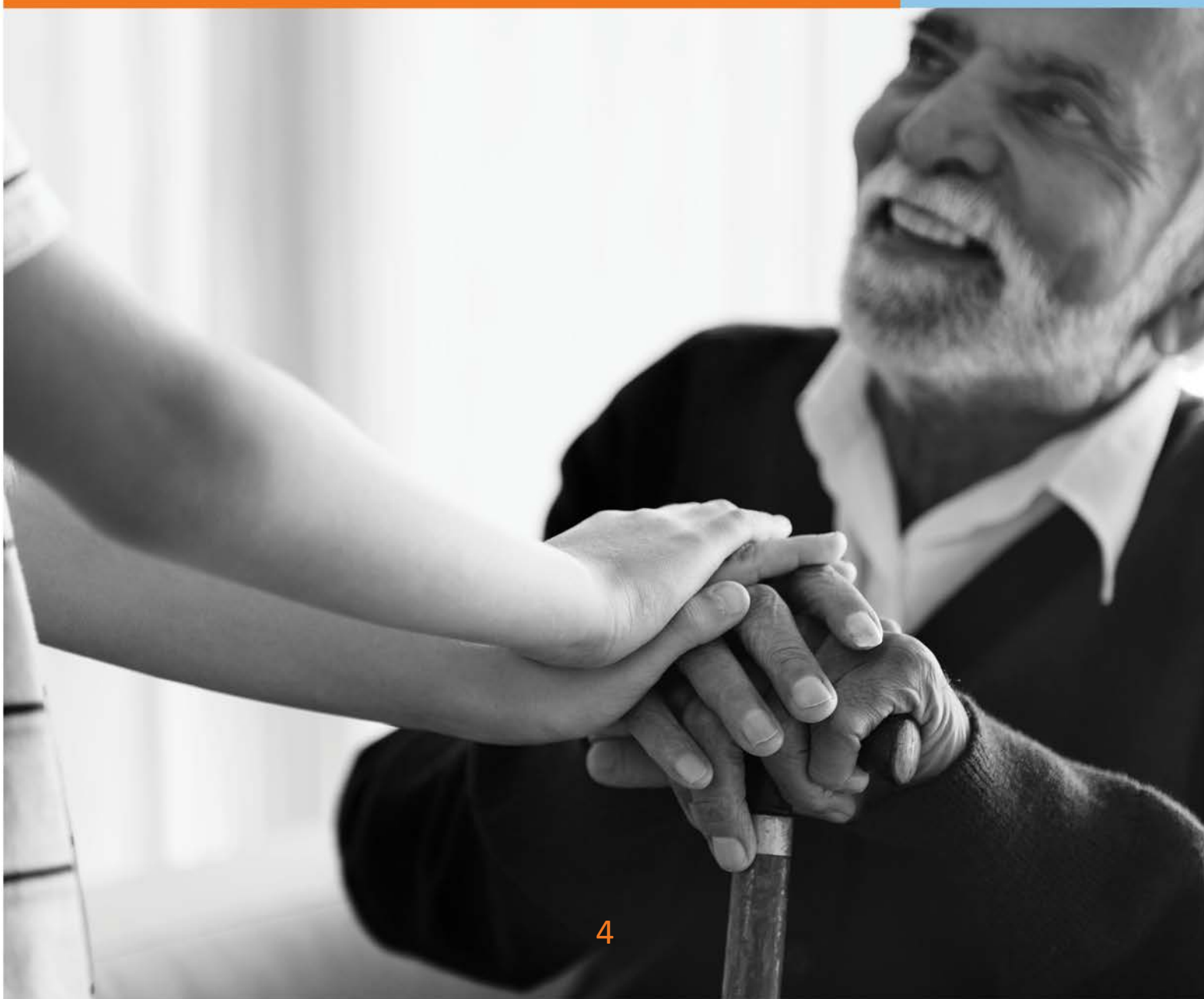
Contact TSA for additional information about network services and other community programs.

## Contact Information

The Senior Alliance, Area Agency on Aging 1-C  
5454 Venoy Road  
Wayne, Michigan 48184

Website: [www.thesenioralliance.org](http://www.thesenioralliance.org)  
Phone: 800-815-1112  
Fax: 734-722-2836  
Email: [info@thesenioralliance.org](mailto:info@thesenioralliance.org)

# 04 ADVOCACY & INFORMATION



## Elder Abuse Services

This service provides public education, outreach, and referrals with respect to the prevention of abuse, neglect, and exploitation of older adults.

Neighborhood Legal Services-Elder Law & Advocacy Center  
**313-937-8291**

## Legal Assistance

Provides free legal advice and counseling on issues such as guardianship, power of attorney, age discrimination, entitlements, etc. to individuals age 60 and older, their caregivers, and those aged 55 and over who are kinship caregivers for a child no more than 18 years old. No fee generating or criminal cases are handled.

Neighborhood Legal Services-Elder Law & Advocacy Center  
**313-937-8291**

## Long-Term Care (Ombudsman)

Provides assistance and advocacy for families and residents of nursing homes, homes for the aged and adult foster care homes. The **Long-Term Care Ombudsman** assists residents in understanding rights, resolving concerns, and provides community education regarding long term care issues.

Statewide Phone Number  
**866-485-9393**

# Medicare/Medicaid

The Medicare Medicaid Assistance Program (MMAP) is Michigan's State Health Insurance Assistance Program (SHIP).

MMAP volunteer counselors are trained and certified in Medicare and Medicaid Insurance Programs. Counselors provide education and free unbiased personalized health benefit information.

Our counselors meet face to face, on the telephone and virtually with Medicare beneficiaries in the community. Call our office to schedule an appointment or to find out where they will be in the community this month.

MMAP Hotline

800-803-7174

# 07 HEALTH & WELLNESS





# Evidence Based Disease Prevention

**Evidence-Based Disease Prevention Programs** help individuals age 60 and older to increase their activity levels. The courses offered have demonstrated proven results for participants. Programs have the same content regardless of location.

## **Arthritis Exercise Program**

This program offers low-impact exercises, that can be done either sitting or standing, to help relieve stiffness/pain and to build strength/stamina. The class was developed by physical therapists specifically for individuals with arthritis or related conditions.

Garden City Senior Adult Services

734-793-1856

Sumpter Township Senior Center

734-461-9373

Van Buren Township Senior Center

734-699-8918

## **Arthritis Tai Chi Program**

This program brings the gentle, graceful, flowing power of sunstyle tai chi to the community. This joint-friendly exercise program will both relax and increase mental and physical energy.

Garden City Senior Adult Services

734-793-1856



Redford Township Senior Services  
313-387-2788

Van Buren Township Senior Center  
734-699-8918

### **Enhance Fitness Program**

*Enhance Fitness* Program focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

National Kidney Foundation of Michigan  
800-482-1455

### **Matter of Balance Program**

This group-based course teaches practical coping strategies to reduce the fear of falling. This course has eight sessions and each class lasts two hours.

National Kidney Foundation of Michigan  
800-482-1455



### **National Diabetes Prevention Program**

A program designed to show participants how lifestyle changes can reduce their risk for type 2 diabetes. Participants work with a lifestyle coach in a group setting over a period of 12 months.

Beaumont Health  
800-633-7377

**PATH (Personal Action Toward Health) Chronic Disease Self-Management Classes** are designed to help individuals manage their chronic conditions. The class is held over a six-week period, and each session lasts 2½ hours. The workshop has a wide range of activities and skill building exercises that help the participant learn to communicate with their medical provider, make better food choices and become more active.

National Kidney Foundation of Michigan  
800-482-1455

**Diabetes PATH Classes** teach skills needed in day-to-day management of diabetes and to maintain and/or increase life's activities.



National Kidney Foundation  
of Michigan  
800-482-1455

## Friendly Reassurance

This program offers regular telephone contacts with homebound individuals age 60 and older to assure their well-being, safety and provide social interaction.

800-815-1112

# 11 PROGRAMS & SERVICES



## Adult Day Care

Adult Day Programs provide care and supervision for functionally impaired individuals age 60 and older in a secure community setting. Services may include social and recreational activities and assistance with daily living skills.

Woodhaven Retirement Community

734-261-9000

Engaging Adults in Interaction Adult Day Services

313-291-2713

## Caregiver Education, Support and Training

Dementia specific education workshops, caregiver support groups, information and referral services, and care consultation service for dementia caregivers. Focus on serving Arab American communities along with other persons in need. Services can be provided virtually or in person. Goal is to help participants seek dementia diagnosis, access interventions early on, and better plan for the future.

Alzheimer's Association Michigan Chapter

800-272-3900

## Caregiver Support

Offers free legal assistance to caregivers of individuals age 60 and older.

Neighborhood Legal Services-Elder Law & Advocacy Center  
Caregiver Legal Assistance

313-937-8291

## Care Management

Care Management is designed to provide support and link services to individuals age 60 and older who have complex needs and are at risk of nursing home placement. The program includes an in-home assessment by a registered nurse and social worker, followed by arrangements for service delivery.

800-815-1112

## Case Coordination and Support

The Case Coordination and Support program assesses an individual's needs and provides linkage and supports for community resources for individuals age 60 and older.

800-815-1112

## Congregate Meals

Individuals age 60 and older can get a hot lunch during the week at any of the 41 community lunch sites. The meals provide at least one-third of the Recommended Dietary Allowance (RDA). Reservations must be made.

Call TSA or Wayne County Senior Services for a nearby site.

Wayne County Senior Services

800-851-1454

## Home Delivered Meals

Homebound individuals age 60 and older can receive a hot meal delivered to them Monday-Friday. The meals provide one-third of the Recommended Daily Allowance (RDA). Liquid meals are also available.

Wayne County Senior Services

800-851-1454

## Halal Home Delivered Meals

Homebound Muslim individuals age 60 and older can receive a hot meal delivered to them Monday-Friday. An Arabic speaking specialist is available to answer questions.

Wayne County Senior Services

800-851-1454

## Holiday Meals

This program provides a hot meal to homebound individuals age 60 and older and adults with disabilities on Thanksgiving, Christmas Day and Easter. The Holiday Meals Program is supported primarily through private donations. Meals are delivered by volunteers.

800-815-1112

## Hearken

Hearken is a program that combats social isolation among older adults age 60 and over by building sustainable connections. A holistic approach is used to evaluate needs and address barriers in order to provide person-centered resources and interventions that allow for improved physical, mental and emotional health.

734-516-1767

## Information & Assistance

Information and Assistance (I&A) is the first point of contact for individuals calling TSA. Information Specialists provide information and referrals to assist older adults, caregivers and individuals with disabilities with their questions and concerns. Referrals include, but are not limited to:

Transportation  
Home Healthcare Services  
Nutrition Programs  
Housing Options

Legal Assistance  
Caregiver Support  
Health Promotion Programs  
Long Term Care Options

800-815-1112



# MI Choice Waiver Program

MI Choice Waiver is a Medicaid home and community-based long-term care program for individuals age 18 and older who meet the following eligibility requirements: financial, medical, and the need for supports coordination and at least one other ongoing MI Choice Waiver service.

Available services include personal care, respite care, homemaking, private duty nursing and many other services to support people in staying in their own homes.

The 2023 individual income limit is \$2,742\* per month and countable assets of \$2,000 or less. Spousal impoverishment rules apply when only one spouse is applying for the program.

\*Income eligibility changes annually and is calculated at 300% of SSI

To make a referral for yourself or on the behalf of someone else, please, call 800-815-1112, or complete the online MI Choice Medicaid Waiver Referral Form located at:

<https://thesenioralliance.org/waiver/>

*Program is funded by Michigan Department of Health and Human Services*

# Nursing Facility Transition

Nursing Facility Transition Services are available to residents of nursing facilities, who meet functional and financial guidelines, and would like to return to their own home, move in with family members, find an apartment, or choose another community based housing option.

Available services include, Support Coordination, establishing or re-establishing housing, and addressing any other barriers that will lead to a successful transition to the community.

An individual must be eligible for Medicaid while in the nursing facility to be eligible for this program.

To make a referral for yourself or on the behalf of someone else, please call **800-815-1112**.

# Senior Community Service Employment Program

Offers subsidized part-time training opportunities for low-income individuals aged 55 and older to help them become job ready. Participants in the program are placed at different community sites and work/train an average of 18 hours a week. The Senior Community Service Employment Program (SCSEP) is funded by a grant from the Department of Labor. The Department of Labor is not responsible for the program description in this booklet.

800-815-1112



## Transportation Services

Most communities have some form of public transportation for seniors and individuals with disabilities. Services are limited to the residents of each community. Contact TSA for additional community specific transportation options.

This program offers limited transportation for individuals age 60 and older who live in the TSA service area, and also for their caregivers. The Senior Alliance cannot provide transportation on a continuous basis but will fill urgent needs when no other options are available. There is no charge for the service, though donations are accepted.

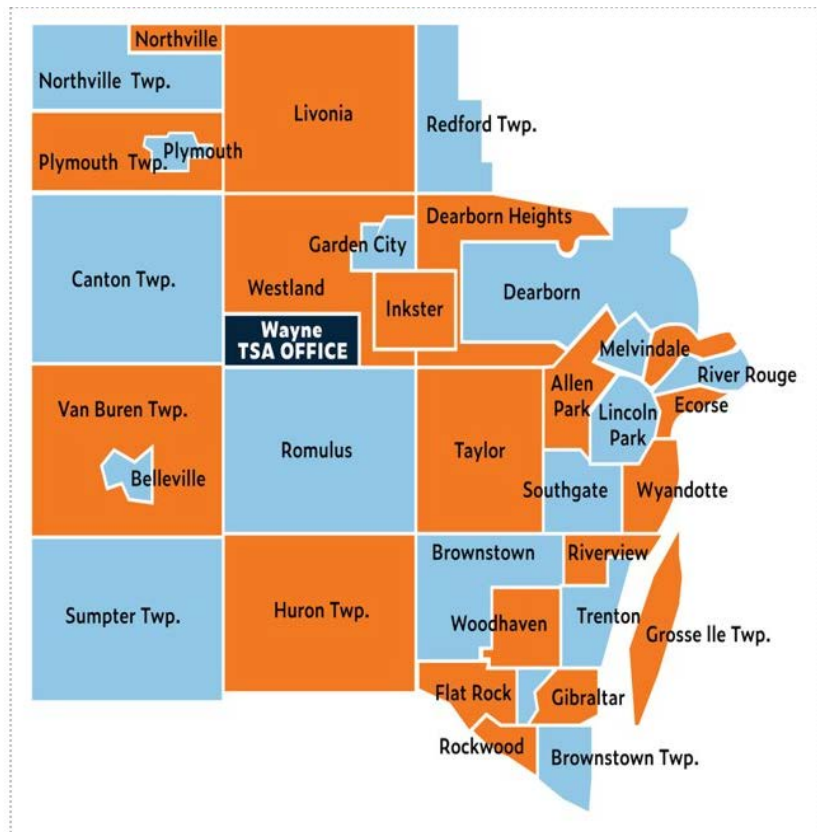
800-815-1112

# TSA Planning & Service Area Information

Funding for agency services is provided by the Aging and Adult Services Agency, Michigan Department of Health and Human Services, Veterans Administration, foundations and fundraising.

The agency is governed by a Board of Directors which receives recommendations on senior issues from an Advisory Council. Each Area Agency on Aging (AAA) can offer information and assistance to older adults and individuals with disabilities specific to their region.

Information about AAA services nationwide can be obtained by calling the Eldercare Locator at **1-800-677-1116** or by visiting their website at <https://eldercare.acl.gov/>.





# LIVE YOUR WAY

[www.thesenioralliance.org](http://www.thesenioralliance.org)

**Are you struggling with Prescription or Medicare Premium costs? Let MMAP be your guide.**

### **Prescription Assistance**

You may qualify for extra help in paying for your Medicare Prescription Drug Coverage (Part D) premium and lower your cost in co-pays for your medication.

### **Medicare Savings Program**

You may qualify for the Medicare Savings Program.

The Medicare Savings Program helps pay your Medicare (Part B) premium.

**800-803-7174**

Call your local area agency on aging to speak to a Medicare/Medicaid Assistance Program Counselor.



MMAP is a **free** counseling service providing you with the information you need to make informed health benefit decisions.

## **FREE CONFIDENTIAL SUPPORT**

MMAP is funded by a grant from the Michigan Office of Services to the Aging through funding received from the Centers of Medicare and Medicaid Services.

The Senior Alliance 5454 Venoy Rd. Wayne, MI 48184  
800-803-7174 | [www.thesenioralliance.org](http://www.thesenioralliance.org)

