

ACCESS EXHALE: A New Kind of Caregiver Support in Wayne County

If you're a family caregiver, you know what it feels like to carry a heavy load—appointments, medications, meals, household needs, emotional support, and more. It can feel like there's no space to pause, let alone breathe.

That's where EXHALE comes in. Just like the name suggests, this new program offers caregivers caring for loved ones aged 60 and older permission—and a practical way—to take a breath.

The Senior Alliance is proud to partner with ACCESS (Arab Community Center for Economic and Social Services) to bring this innovative caregiver support program to Michigan families.

Because caregiving doesn't have to be a solo journey, ACCESS's EXHALE program can connect you with others who understand.



Services:

- Adult Day Services
- MI Choice Waiver Program
- Care Management
- Caregiver Support
- Nutritional Services and Home Delivered Meals
- Friendly Reassurance
- Long-term Care Ombudsman
- MMAP Assistance
- Information & Assistance
- Elder Abuse Prevention
- Outreach, Advocacy, and Education
- Transportation
- And Much More

Let us hold your hand.

The EXHALE Program

Arab Community Center for Economic and Social Services (ACCESS), a partner to The Senior Alliance, has developed a program to support caregivers. Exhale is committed to increasing awareness and providing resources to diverse caregiving communities.

Caregiving Haven

Caregiving Topics A-Z!

Caregiving can bring up questions you never expected, from navigating Medicare paperwork to managing stress.

To make it easy, we've created a new Caregiving Topics A-Z section inside Caregiving Haven.

Inside The Senior Alliance Podcast

Caregiving Haven

In this episode, Emma Case, Planning and Advocacy Manager at The Senior Alliance, talks to Amanda Sears, Chief Community Impact Officer at The Senior Alliance.

This episode is all about caregiving.

Meet our Start of the Month!

Lizzie D'Ambrosio

Lizzie always has a great attitude and goes above and beyond for her participants. She completes all of her quality tasks on time and likes to make sure she is doing a good job. Lizzie always has a smile on her face.

We're so proud of our team! **Thank you!**



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