

Planning for the Future: Long-Term Care Resources for Older

October is Long-Term Care Planning Month, a time to think ahead about how we or our loved ones want to live as we age.

Having a plan in place helps protect independence, preserve dignity, and provide peace of mind for both aging adults and their caregivers.

At The Senior Alliance, we help families across southern and western Wayne County understand their choices and connect with the right programs to support aging at home or in the community. From Person-Centered Options Counseling and Medicare Counseling through MI Options to in-home support programs, our goal is to make the process of long-term care planning easier to navigate, so older adults can continue living life their way.



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.

Inside The Senior Alliance Podcast

EXHALE: Caregiver Support Program

In this episode, Emma Case, Planning and Advocacy Manager at the Senior Alliance, talks to Amne Darwish Talab, Director of Social Services at ACCESS - the Arab Community Center for Economic and Social Services.

Medicare Annual Enrollment Period

Medicare Can Be Confusing.

Now is the time to review your or your loved one's health and prescription drug coverage for 2026. Our SHIP counselors can help you compare plans and find savings.

Star of the Month Michelle Morales

Michelle Morales can do it all. Michelle is an outstanding MI Options leader who helps everyone on our team with her broad skill set. She has been a key member of our MI Options team since her first day.

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

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



Detroit Free Press
PART OF THE USA TODAY NETWORK



(800) 815-1112
info@thesenioralliance.org
thesenioralliance.org