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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 Downriver 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 The Senior Alliance for additional information about network services and other community programs.

The Senior Alliance

3200 Greenfield Road, Suite 100, Dearborn, MI 48120

Area Agency on Aging 1C

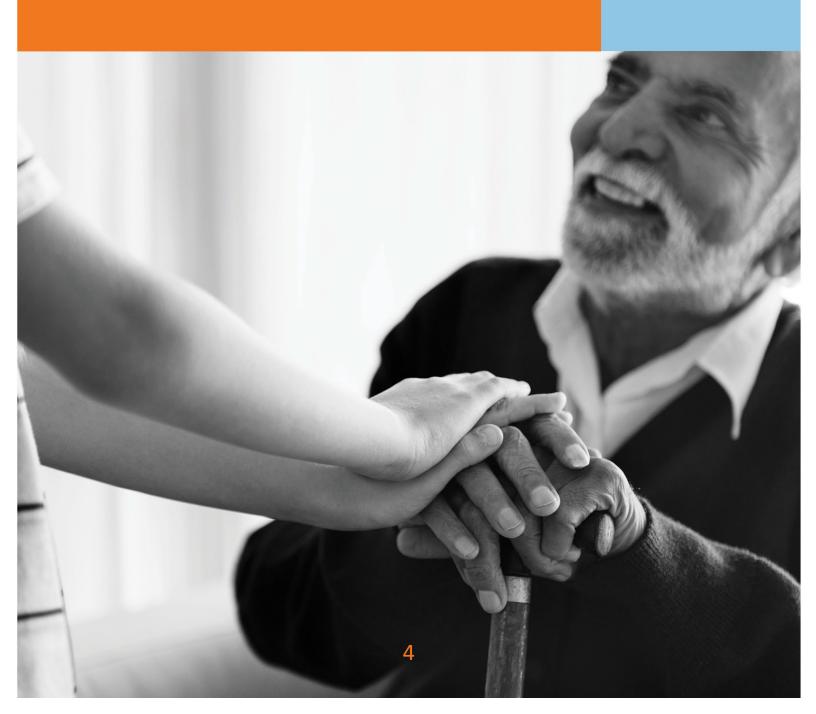
Website: www.thesenioralliance.org

Phone: 734-722-2830

Fax: 734-722-2836

Email: 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

MI Options

MI Options is a free program designed to help you make informed decisions about health coverage and long-term supports and services. Whether you're new to Medicare or planning how to stay independent at home, MI Options connects you with certified Options Counselors for one-on-one unbiased support and guidance.

Medicare Counseling

The Senior Alliance provides free, unbiased Medicare counseling through Michigan's State Health Insurance Assistance Program (SHIP). Our trained counselors offer one-on-one counseling and assistance with Medicare and Medicaid to help you understand your benefits and make informed decisions.

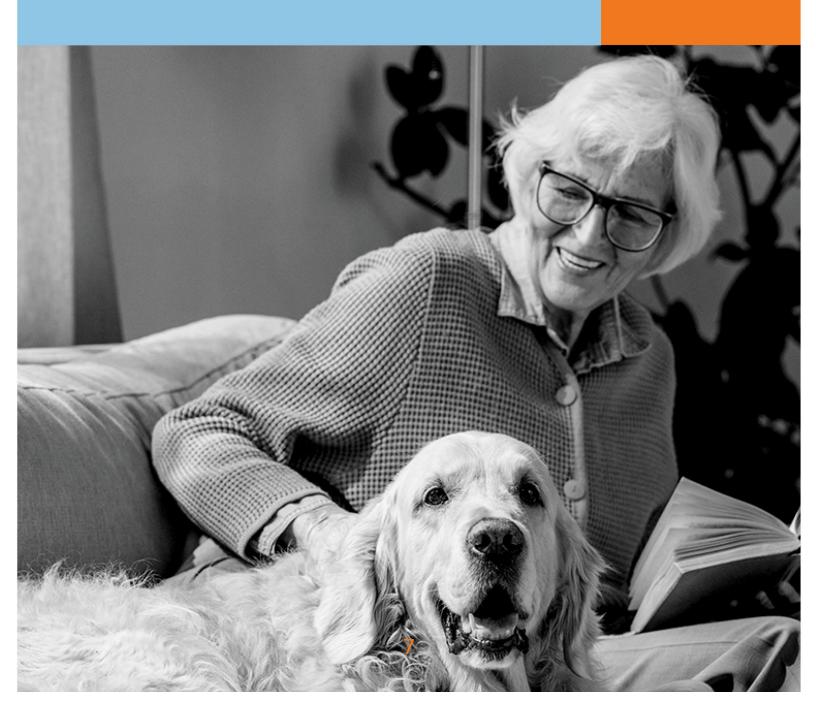
Options Counseling

Planning for long-term care or a major life change can feel overwhelming. Options Counseling is a free service that connects you with a certified counselor from The Senior Alliance who will walk you through available supports and help you create a plan that fits your goals, values, and lifestyle.

The Senior Alliance MI Options Hotline 734-727-2067

Statewide MI Options 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

This 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

This program shows 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.

Corewell 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

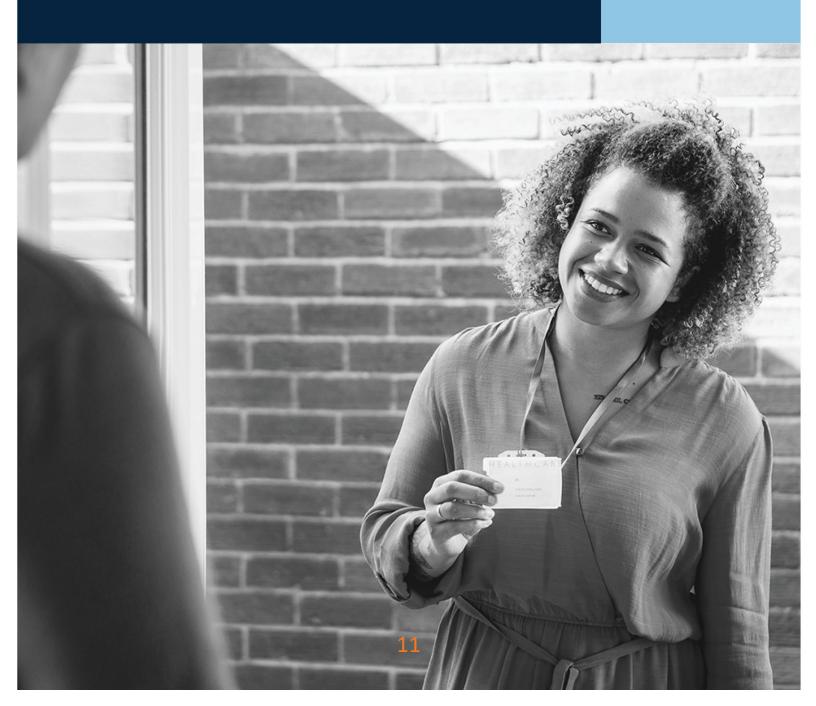
Classes teach skills needed in day-to-day management of diabetes and to maintain and/or increase life's activities.

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 wellbeing, safety and provide social interaction.

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. The program focuses on serving Arab American communities along with other persons in need. Services can be provided virtually or in person with a goal of helping 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.

734-722-2830

Case Coordination & 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.

734-722-2830

CHATS

The CHATS (Championing Healthy Aging Through Socialization) Program combats social isolation for adults aged 60 and older by providing social support services, friendly visits, friendly reassurance, and linkages to community resources.

Congregate Meals

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

Reservations must be made. Call 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.

734-722-2830

Information & Assistance

Information and Assistance is the first point of contact for individuals calling The Senior Alliance. 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

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.

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

Please contact The Senior Alliance for more details about MI Choice Waiver Program, including questions about eligibility requirements. To make a referral for yourself or on the behalf of someone else, please call 734-722-2830, 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 734-722-2830.

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.

734-722-2830

Transportation Services

Most communities have some form of public transportation for older adults and individuals with disabilities. Services are limited to the residents of each community. Contact The Senior Alliance for additional community specific transportation options.



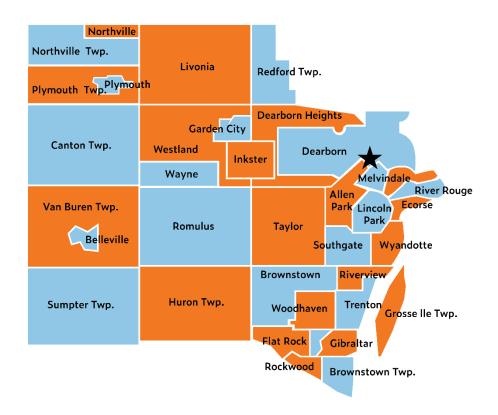
The Senior Alliance transportation service supports caregivers of older adults aged 60 and over who live in The Senior Alliance service area. The program is designed to help relieve caregivers by offering the older adult they care for with limited transportation, primarily for non-continuous urgent situations when no other options are available.

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





Are you struggling with Prescription or Medicare Premium costs? Let MI Options 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.

Free Confidential Support

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$79,224 with 100 percent funding by ACL/HHS through the Michigan Department of Health and Human Services. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/ HHS or the U.S. Government.

800-803-7174

MI Options Statewide Hotline 8 a.m.-8 p.m. Monday-Friday for Medicare support outside of The Senior Alliance service area.

734-727-2067

The Senior Alliance 8 a.m.-4 p.m. Monday-Friday to speak with a Medicare Counselor.



Navigating Medicare







