

A user-friendly GUIDE TO

# Dementia

FOR FAMILIES in Macomb County



## About This Book

This *Small Book* is designed to assist families in locating free or low-cost community services in Macomb County and is designed to be user-friendly.

The book first lists a "SITUATION" followed by a short descriptive phrase about each of the known services listed for that situation, an explanation of the services and eligibility requirements (if applicable), and finally, the telephone number for the service.

This book lists services by a service category, not by agency. This helps to speed the finding of needed services. For the most part, only Macomb County resources are listed. Exceptions to this are out-of-county resources included if a Macomb County facility is filled or county or state services that may be accessed in Macomb County.

To aid you in your use of this book, you will notice the following format: Each "*Situation*" is enclosed in a black box to differentiate it from other situations.

The symbol (~) is placed in front of each new service under that category. All known services for a situation are grouped under it regardless of what agency offers those services.

As names of agencies and programs frequently change, please note that the former name is indicated in brackets { }.

Every effort has been made to assure that the information is up-to-date and accurate. Due to the dynamic nature of organizations, information changes often.

We hope that you enjoy this resource and that you are able to locate help more quickly. For your information, *Small Books* are available on the following topics:

Adoption	Literacy
Child Abuse	Mental Health
Child Care	Parenting
Dementia	Recreation/Leisure
Dental	Runaway Services
Domestic Violence	Senior Citizen Services
Employment & Training Services	Sexual Assault
Fetal Alcohol Spectrum Disorder	Special Needs
Financial Assistance	Substance Abuse
Food	Suicide Prevention
Gambling Addiction/Problems	Support Groups
Resources	Teen Pregnancy Service
Health	Transportation
Homeless Services	Utility Assistance
Housing	Vision and Hearing Services
Legal Issues	Glossary

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## DEMENTIA SERVICES

**SITUATION: A person needs information on dementia.**

- ❖ **Pamphlets, fact sheets, videos, books, etc. on dementia** are available from:

Alzheimer’s Association*, Southfield	(800) 272-3900
A Friend’s House*, Clinton Township	(586) 412-8494
A Friend’s House*, Romeo	(586) 336-6839
A Friend’s House*, Warren	(586) 777-8700
Macomb Co. Adult Day Care Center, Clinton Township	(586) 469-5579
Macomb Co. Adult Day Care Center, St. Clair Shores	(586) 466-6817
Macomb County Library*, Clinton Twp.	(586) 469-5300
St. John Senior Link	(888) 751-5465

**SITUATION: A caregiver of a person with dementia would like to attend a support group.**

- ❖ **Support groups for caregivers of persons with Alzheimer’s Disease** are available free throughout Macomb County at various times and locations. Support group meeting days and times are subject to change. For current information, call the Alzheimer’s Association, (800) 272-3900. TTY: (877) 204-6924

**SITUATION: A person with early stage Alzheimer’s Disease would like to attend a support group.**

- ❖ **Support groups for persons with early stage Alzheimer’s Disease** are available free in Oakland County at various times and locations. Call to confirm the group’s meeting date and times before attending, for more information call the Alzheimer’s Association\*, (800) 272-3900.

**SITUATION: A person with dementia or their family members needs counseling.**

- ❖ **Counseling for older adults experiencing family, social, or emotional problems** is available from:

Senior Citizen Services*, Clinton Township	(586) 469-6708
Catholic Services of Macomb*, Clinton Township	(586) 416-2300
Alzheimer's Association*, Southfield	(800) 272-3900

**SITUATION: An adult is experiencing a mental health emergency.**

*(A situation is considered a mental health emergency when an individual is at direct and immediate risk of seriously harming him/herself or someone else; if a person's symptoms of mental illness are active and s/he is unable to care for her/himself; or is unable to understand the need for treatment and these conditions can be reasonably expected to result in harm).*

In a mental health emergency, adults should be taken to the emergency room of the nearest hospital with an inpatient **psychiatric unit, or directly to Emergency Psychiatric Services (EPS) - Henry Ford Macomb Hospital\*, Mt. Clemens, (586) 466-9895.** At the hospital, Emergency Psychiatric Service staff will assess the immediate need and obtain authorization for the appropriate level of care. Treatment may be provided in an inpatient unit or in an alternative community setting, according to best practices guidelines, Macomb County Community Mental Health\* policy, and the situation.

*For other emergency situations, or after regular business hours, contact the Macomb County Crisis Center\*, (586) 307-9100. (TDD\*: Tap the space bar after dialing the number.)*

**SITUATION: A person needs an assessment for non-emergency mental health services.**

- ❖ **Mental Health Assessment Services** are available for persons through Macomb County Community Mental Health\* - outpatient sites. Services include: assessment of the problem, insurance, and referrals to an appropriate agency, based on needed level of care, type of insurance and location of service. Macomb County Community Mental Health\* receives referrals through its Access Center\*:

CMH* Access Center*	(586) 948-0222 8:30 A.M. - 5:00 P.M. - MONDAY THRU FRIDAY
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Agencies are asked to contact the CMH\* Access Center\* to discuss service responsibilities **prior to** referring the consumer. Provider line to the Access Center\*: (586) 948-0206.

**SITUATION: A person is suspected of having dementia and needs a medical diagnosis.**

- ❖ **Referrals to physicians trained to recognize dementia in a given geographic area** is available from the Alzheimer's Association\*, (800) 272-3900.
- ❖ **Referral to a doctor (Geriatrician) trained to diagnose dementia** is available from the Mt. Clemens Regional Medical Center Doctor Connection (877) 627-6248.

**SITUATION: A person with dementia and at risk for a nursing home placement who wishes to remain in their home but cannot afford in-home care, needs a coordinated care plan and help in paying for care.**

- ❖ **A program of services (personal care, homemaking, respite, adult day care, transportation, home-delivered meals, counseling, medical equipment and supplies) for eligible Medicaid\* recipients** (18 years and older with a disability, and who medically qualify for nursing home admission. e.g., personal care, respite, medical supplies and equipment) to assist frail adults to remain living independently. *(This service may have a waiting list.)* For more information about the MI-Choice Program, call:

Macomb Oakland Regional Center*	(800) 236-3202
Area Agency on Aging 1-B*	(800) 852-7795
Washtenaw Community Health Services	(734) 971-6180

**SITUATION: A person with dementia needs low-cost health care.**

<b>Neighbors Caring for Neighbors Clinic at Samaritan House</b> 58737 Van Dyke Washington, MI	<b>Clinic Hours</b> Mondays: 10:00 A.M. - 12:30 P.M. Thursdays between 2:30 P.M. and 6:30 P.M.	(586) 677-3788
<b>St. Joseph Mercy Neighbors Caring for Neighbors Clinic at Mt. Clemens Henry Ford Hospital</b> 215 North Ave Mt. Clemens, MI	<b>Clinic Hours</b> Tuesdays: 9:00 A.M. - 2:00 P.M. Wednesdays: 10:00 A.M. - 3:00 P.M. Fridays: 9:00 A.M. - 2:00 P.M.	(586) 469-3750

- ❖ **Free to low cost medical services** including treatment for acute illnesses (*colds, ear infections, bronchitis, rashes, cuts*); women's health (*gynecological physicals, family planning, sexually-transmitted-diseases\**); treatment for chronic illnesses (*high-blood pressure, diabetes*); employment and school physicals; referrals to other services. Service is available for persons and families of all ages, economically disadvantaged, persons with no medical insurance. Available from Neighbors Caring for Neighbors Clinics\* Outreach Clinic.
- ❖ **A customized van providing free medical care and prescriptions to homeless, low income, and uninsured working persons** is available from the Medical Outreach Clinic, (800) 779-7178 (*this telephone number is for all locations*).

Alternating Mondays	8:30 - 11:30 A.M.	Salvation Army* and Minority Health Initiative*, Mt. Clemens
Tuesdays	8:30 - 11:30 A.M.	Salvation Army* - Warren
Thursdays	8:30 - 11:30 A.M.	Minority Health Initiative* Mt. Clemens
Third Sunday of each month	8:30 - 11:30 A.M.	St. Clement Church, Romeo

**SITUATION: A person with dementia needs assistance in locating low-cost prescription medications.**

- ❖ **Assistance with locating programs which help with prescription drug costs** is available from a number of community resources. For a referral to these programs or eligibility criteria, contact:

Senior Citizen Services*	(586) 469-6313
Area Agency on Aging*	(800) 852-7795

- ❖ **Assistance in obtaining medications through the Patient Assistance Programs of major pharmaceutical companies** with the following eligibility criteria: *Macomb County residents 19 years of age and older, with medication prescribed for chronic medical conditions, with no insurance coverage and unqualified for other program, and who meet income-based eligibility by the pharmaceutical company (usually less than \$1200/month total household income)* is available from Prescription Resource Network\*, (586) 466-5821.
  
- ❖ **Prescription Assistance website ([www.pparx.org](http://www.pparx.org)) to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that is right for them.** Many will get their prescriptions free or nearly free. This site offers a single point of access to more than 275 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies. To access the Partnership for Prescription Assistance by phone, you can call toll-free, (888) 4PPA-NOW (888-477-2669).

**SITUATION: A person with dementia needs medical equipment.**

- ❖ **Short-term, temporary free loan of medical equipment such as walkers, commodes, wheelchairs, crutches, canes, tub seats, etc. to senior citizens age 60 and older.** Available from Macomb County Senior Citizen Services\*, (586) 469-6327.
  
- ❖ **Connections to needed medical equipment** is available from the Kenny Foundation\* (800) 237-3422.
  
- ❖ **Loans closets of medical equipment (wheelchairs, canes, crutches)** are sometimes available at fire departments, city offices, and fraternal orders. Contact those organizations in your community. Also, referrals to loan closets and durable medical equipment suppliers are available from the Area Agency on Aging 1-B, (800) 852-7795.

**SITUATION: A mature driver (aged 50 and older) needs an assessment for competency to drive a car.**

- ❖ **Confidential and voluntary driving self-evaluation** including three sessions divided into the following three components: 1) Safe driving techniques for the older driver; 2) A series of psycho-physical evaluations including acuity, brake reaction time, night glare recovery; depth perception, and others. (A separate evaluation is the “Useful Field of View” (UFOV) which measures cognitive deficiency (Rehabilitation services for UFOV deficiency is also available); 3) On-road evaluation with a certified driving instructor. All the results are confidential. Available from Traffic Improvement Association\* at various locations in Macomb County. Cost: \$10 - 20. Contact Joan Rich, (248) 334-4971, ext. 30.

**SITUATION: A person with dementia needs transportation.**

- ❖ **Mass transit for citizens by SMART\* bus services.** Exact fare tickets and monthly (unlimited rides) cards may be purchased through SMART\* or at participating banks and select outlets. Aides on duty with persons with dementia ride FREE. For more information call Suburban Mobility Authority for Regional Transportation (SMART), (313) 962-5515.
- ❖ **Transportation for income-eligible residents to essential locations such as hospitals, doctor's offices, DHS\*, etc.** Rides must be scheduled in advance. Available from Macomb County Community Action Centers\*:

Central Community Action Center*	Mt. Clemens	(586) 469-6964
North Community Action Center*	New Haven	(586) 749-5146
South Community Action Center*	Warren	(586) 759-9150
Information and referrals to transportation resource in SE Michigan is available from the Area Agency on Aging* 1-B, (800) 852-7795.		

**SITUATION: A person with dementia is wandering.**

- ❖ **Enrollment of persons who wander in a national search database** to provide quick and easy reporting and identification to local police departments of persons who have wandered away. For more information about the "Safe Return" program, call the Alzheimer's Association, (248) 557-8277.

**SITUATION: A person with dementia needs an emergency response system.**

- ❖ **An emergency response system for persons who may fall or need emergency assistance in their home** involving the installation of a system to the telephone. The client wears a neck pendant or wrist band with a button that can be pushed if they fall or have another in-home emergency. When **the button is** depressed, a network operator speaks to the client over a loud speaker attached to the telephone. If there is no response, their contact person is immediately notified. "Life Line" is available from:

Philip's Life Line	(800) 543-3546	\$102.00/activation fee and \$41.00/month
Beaumont Home Medical	(248) 549-9715	\$50.00 installation and \$39.95/month
Henry Ford Life Line	(313) 874-6565	\$123.00/installation and \$48.00 month
<i>This service is a covered benefit under the Medicaid waiver program.</i>		

**SITUATION: A person with dementia needs adult day care.**

- ❖ **Adult day care and activity services for Macomb County residents aged 55 and older with physical, mental/emotional impairments or social isolation** are available from the following Macomb County centers:

**A Friend's House**      **Clinton Township: (586) 412-8494**  
**Warren: (586) 777-8700**

**Eligibility: Adults who are:**

- **confused or forgetful**
- reasonably **continent** of bowel and bladder
- **able to get around** with (canes, walkers, wheelchairs) or without assistance
- **able to take care of personal hygiene** needs with or without assistance
- in **need of companionship** during the day
- **able to participate in individual or group activities** without disruptive behavior

**Services offered:** Nursing services, medication administration, toileting assistance, lunch, morning and afternoon snacks, exercise, group discussions, crafts, recreational activities, cooking activities, inter-generational activities, pet therapy, occupational therapy consultation services, home safety and independent functioning assessments, field trips, monthly caregiver and Alzheimer's support groups, social work services, individual and family counseling.

**Cost:** Services provided based on ability to pay.

**Hours:** Monday - Friday, 8:00 A.M. - 6:00 P.M. Earlier and later hours upon request. Periodic Saturday services.

**Macomb County Adult Day Care Centers**  
**Clinton Township: (586) 469-5579**  
**St. Clair Shores: (586) 466-6817**

**Eligibility: Persons 55 years of age or order with:**

- a) physical impairments: such as stroke (CVA), Parkinson's Disease, Cardiac rehab, loss or weakness of physical strength, fractures, Muscular sclerosis or Muscular dystrophy **OR**

b) mental/emotional impairments such as Alzheimer's Disease, Pick's Disease, Head Trauma, Multi Infract, Alcohol and Drug Abuse, depression due to multiple losses or anxiety related to dementia **OR**

c) persons affected by social isolation and are in need of a safe environment and structured activities.

**Services offered:** Morning and afternoon snacks, full lunch, activities, exercise, field trips.

**Cost: FULL DAY:** \$28\* (4.5 or more hours of service per day)

**HALF DAY:** \$17\*

*\*Fees may be adjusted based on ability to pay.*

**FOR A LIST OF ADULT CARE CENTERS IN COMMUNITIES SURROUNDING MACOMB COUNTY, CALL MACOMB COUNTY SENIOR CITIZEN SERVICES, (586) 469-6313, THE ALZHEIMER'S ASSOCIATION AT (248) 557-8277 OR THE AREA AGENCY ON AGING 1-B, (800) 852-7795.**

**SITUATION: A person with dementia needs in-home personal care.**

- ❖ **A program of services (personal care, homemaking, respite, adult day care, transportation, home-delivered meals, counseling, medical equipment and supplies) for eligible Medicaid\* recipients** (18 years and older with a disability, and who medically qualify for nursing home admission. e.g., personal care, respite, medical supplies and equipment) to assist frail adults to remain living independently. *(This service may have a waiting list.)* For more information about the MI-Choice Program, call:

Macomb Oakland Regional Center*	(800) 236-3202
Area Agency on Aging 1-B*	(800) 852-7795
Washtenaw Community Health Services	(734) 971-6180

- ❖ **Immediate short-term homemaking and personal care assistance for persons 60 years or older following a hospitalization.** Available from the Area Agency on Aging, 1-B (800) 852-7795 - ask to speak to the Rapid Response Nurse.
- ❖ **Assistance with all activities of family living for elderly or disabled adults who are eligible for Medicaid\*.** Available from the Department of Human Services\* Home Help program:

<b>Department of Human Services* , Mt. Clemens</b> serving Chesterfield, Clinton Twp., Harrison Township, Mt. Clemens, New Baltimore, St. Clair Shores	(586) 469-7233
<b>Department of Human Services* , Sterling Hgts.</b> serving Armada, Chesterfield (not 48051), Lenox, Macomb, Memphis, New Haven, Ray, Richmond, Rochester (48306), Romeo, Shelby, Sterling Heights, Utica and Washington	(586) 254-8006
<b>Department of Human Services* , Warren</b> serving Capetown Housing Unit - SANG Base, Center Line, Eastpointe, Fraser, Warren, Mt. Clemens, Clinton Twp., Harrison Twp., Roseville, St. Clair Shores, and New Baltimore.	(586) 427-0600

- ❖ **Referral of self-employed individuals** is available from Senior Citizen Services\*, (586) 469-6317.

**SITUATION: A person with dementia needs homemaker services.**

- ❖ **Homemaking services** is available from:

Macomb Family Services* (serves Macomb residents who live north of 16 Mile Road only)	(586) 752-9696 ext. 213
Senior Citizen Services* referral of self-employed individuals	(586) 469-6313
Senior Companion Program - Catholic Services of Macomb *	(586) 412-8286
Caregivers*	(313) 964-5070
Macomb County Interfaith Volunteer Caregivers*	(586) 983-3633
Area Agency on Aging 1-B*	(800) 852-7795
Alzheimer's Association*	(248) 557-8277

**SITUATION: A person with dementia needs legal advice.**

- ❖ **Legal Hotline for Older Michiganians: (800) 347-5297**
  
- ❖ **Michigan Law for Everyone** by Sherry A. Wells, J.D. is a book which provides information on landlord-tenant, contracts, real estate, divorce, juvenile law, guardianships, insurance, accidents, unemployment, small claims courts, wills and probate, business law, workers compensation, how to find an attorney, attorney fees, examples of laws and legal forms. Available at bookstores.
  
- ❖ **Free or minimal cost legal advice by telephone for persons 59 and younger** provides legal advice except for traffic violations or misdemeanors. Available from Legal Aid and Defender Association in Wayne County, with an office in Macomb County. Toll-free number: (877) 964 - 4700.
  
- ❖ **Free or minimal cost legal advice by telephone for persons 59 and older** provides legal advice except for traffic violations or misdemeanors. Available from the Seniors' Legal Assistance Program\*, (586) 469-6406.
  
- ❖ **Referral to area legal resources including elder law attorneys** is available from the Alzheimer's Association\*, (800) 337-3827 (Southfield).
  
- ❖ **Referrals to attorneys who practice elder law** is available from Macomb County Bar Association\* (586) 468-8300.
  
- ❖ **Referrals for legal assistance for older adults** is available from the Area Agency on Aging\* 1-B, (800) 852-7795.

**SITUATION: A person with dementia needs food or nutritional supports.**

- ❖ **Free in-home or small group instruction on basic nutrition, food buying and preparation skills, meal planning and budgeting.** Available from the MSU Extension\* - Expanded Food Nutrition Educational Program\* (EFNEP\*), (586) 469-6432.
- ❖ **Emergency Food** is available through various food pantries in Macomb County. Eligibility is determined by first calling the Macomb County Community Services Agency\*, (586) 469-6004 (Monday - Friday).
- ❖ **Congregate Meal sites** are available around Macomb County, for more information, call, (586) 469-5228.
- ❖ **Home-delivered meals** are available for seniors unable to leave their home. For more information, call (586) 469-5228.

**SITUATION: A family caring for a person with dementia needs short-term respite care.**

- ❖ **Immediate short-term homemaking and personal care assistance for persons 60 years or older following a hospitalization.** Available from the Area Agency on Aging, 1-B (800) 852-7795 - ask to speak to the Rapid Response Nurse.
- ❖ **Relief breaks for full-time family caregivers of elderly or disabled adults,** excluding personal care from volunteers matched with families throughout Macomb County is available from Macomb County Interfaith Volunteer Caregivers, (586) 983-3633.
- ❖ **Twenty four hour caregiver respite in a licensed foster care home twice a year for up to two weeks per reservation** is available for persons who caring for someone age 60 or older. Available from the Area Agency on Aging 1-B Out-of-home Respite (OHR) Program, (800) 852-7795.

**SITUATION: A family needs information on nursing homes or assisted living facilities for a person with dementia.**

- ❖ **A database of all 450 Michigan licensed nursing homes** is available by calling (517) 627-1561 or [www.hcam.org](http://www.hcam.org).
- ❖ **Information on housing options, caregiver support and long-term care services** is available in the brochure *"Staying At Home."* Available from the American Association of Retired Persons (Publication D-14986). To order, call (202) 434-2277.
- ❖ **Information on nursing homes**, including formal complaints is available from Alzheimer's Association, (248) 557-8277
- ❖ **Information on nursing homes**, including formal complaints is available from Citizens for Better Care\* (800) 833-9548.
- ❖ **Information and lists of nursing facilities and private and licensed assisted living facilities in SE Michigan** are available from the Area Agency on Aging\* 1-B, (800) 852-7795.

**SITUATION: A person has a complaint about a long-term care facility.**

- ❖ **Information and possible mediation between families/residents or Family/ Resident Councils and nursing home staff** is available from the Long-term Care Ombudsman at Citizens for Better Care\*, (800) 833-9548. If a family wishes to proceed to a formal complain, formal complaints of abuse or neglect in nursing homes, homes for the aged, hospitals, home help agencies and hospice are reported to the Michigan Department of Consumer and Industry\*, (800) 882-6006.

**SITUATION: A senior is being physically abused.**

- ❖ **Investigation of complaints of abuse and/or neglect of persons (aged)**. Available from the Department of Human Services  
\* - Adult Protective Services\* Division:

<b>Regular business hours</b>	<b>Department of Human Services *</b> <b>Adult Protective Services</b>	<b>(586) 412-6109</b>
<b>Emergency Situation</b>	<i>Call your local police department.</i>	

**SITUATION: A person with dementia needs hospice care.**

- ❖ **Hospice services** are available from:

Cottage Hospital, St. Clair Shores	(586) 774-4141
Hospice of Michigan, Southfield	(248) 443-5890
Hospice of St. Clair Shores	(586) 445-6855
Hospice of Clinton Township	(586) 263-2840
Hospice of Michigan Development	(800) 641-9714
St. John Hospice, Roseville	(800) 248-2298
Henry Ford Macomb, Clinton Twp.	(586) 263-2840
Henry Ford Bi-County Hospital	(586) 759-7597

## CHECKLIST TO EVALUATE IF MOM AND DAD CAN STILL LIVE AT HOME

*As people age, they can develop difficulties performing everyday activities. This checklist can help families determine what resources might be appropriate now and help prepare for the future. For further help, consult a physician, geriatric-care manager, county social service department or other professionals. For each task below, check the one description that best fits the situation of the person you are concerned about. Add the numbers to get a score, then find the recommendation for that score on the next page.*

### **Maintains Home/Lawn**

- Without assistance (1)
- With some assistance (2)
- Needs total assistance (3)
- Lives in apartment or other maintained housing (1)

### **Does Housekeeping/Laundry**

- Without help (1)
- With some help or reminding (2)
- Needs total assistance (3)
- Hires outside agency (1)

### **Recognizes Strangers**

- Able to recognize strangers and seek help (1)
- Unable to recognize strangers or seek help (3)

### **Handling Emergencies**

- Independently able to get emergency help (1)
- Needs guidance and instruction (2)
- Unable to get emergency help (3)

### **Driving**

- Drives or is able to use public transportation (1)
- Doesn't drive or needs help with transportation (2)
- Needs special van for transport (3)

### **Social Activities**

- Independently arranges and attends social activities (1)
- Needs help making social arrangements and getting transportation (2)
- Unable to participate in social activities without direct help (3)

### **Managing Finances**

- Independently manages finances (1)
- Needs some help (reminding, writing out checks, reviewing mail) (2)
- Unable to manage finances (3)

### **Getting Groceries**

- Able to get or arrange for groceries (1)
- Needs help (2)
- Unable to get groceries (3)

### **Preparing Meals**

- Prepares meals without assistance (1)
- Needs help (2)
- Unable to prepare meals (3)

### **Eating**

- Feeds self without help (1)
- Needs supervision or reminders (2)
- Unable to feed self (3)

### **Recognizing Surroundings**

- Always alert and oriented to date, time, and place (1)
- Intermittently confused about time and place (2)
- Consistently confused about time and place (3)

### **Keeping Appointments**

- Able to set and keep appointments (1)
- Needs reminding (2)
- Needs help to set appointments (3)

### **Following Directions**

- Able to understand and follow directions (1)
- Needs to check directions several times before understanding (2)
- Unable to follow directions even with supervision (3)

### **Wandering**

- Does not wander (1)
- Wanders or has gotten lost (3)

### **Personal Care**

- Independently manages hygiene, brushing teeth, nail care, shaving, hair care (1)
- Needs reminders to maintain grooming and appearance (2)
- Needs help to complete grooming (3)

### **Dressing**

- Gets dressed independently (1)
- Needs reminders to choose clothing and dress (2)
- Needs help to dress (3)

### **Bathing**

- Independently bathes or showers (1)
- Needs standby help or supervision (2)
- Needs help to bathe (3)

### **Continence**

- Continent of bowel and bladder, or uses incontinence products independently (1)
- Needs reminding to use toilet, or help using incontinence products (2)
- Unable to use toilet independently (3)

### **Gait**

- Walks or moves independently (with or without cane, walker or wheelchair) with no falling (1)
- Has unsteady gait and has fallen in past 6 months (2)
- Needs help to walk or maneuver wheelchair (3)

### **Transferring**

- Independently transfers to bed, chair or toilet (1)
- Needs help to transfer (3)

### **Medical/Rehabilitation Therapy**

- No need for medical or rehabilitative therapy (1)
- Has medical needs or therapies and manages them independently (1)
- Needs intermittent help managing medical needs (2)
- Needs medical monitoring (3)

### **Medications**

- Needs no help identifying and taking medications (1)
- Needs help or reminders to take medications (2)
- Unable to manage medications (3)

## Scoring the Evaluation - What kind of help is needed?

### SCORE 21-30

**People with this score function independently. There may be no need for services now, but start exploring options. Make sure that legal and financial plans are in place. Consider which level of care family members would be able or willing to give, as needs change.**

#### **Tips:**

- Talk as a family with your older relatives about medical, financial and legal arrangements and personal preferences. Encourage them to fill out a health-care directive (living will) and to write a will, or to review existing documents.
- Help older adults do as much as possible for themselves, and recognize your own limitations. That can help them remain more vigorous and alert and help you avoid caregiver burnout.
- Find out about community resources. Keep a file of articles and advertisements for services. Tour senior housing and assisted-living apartments in the area.
- Complete a home-safety evaluation to minimize the risk of falls and to improve safety.
- Review this assessment regularly to track changes.

### SCORE 31-50

**People with this score may be unable to complete some important daily activities without help. Consider several options:**

- Community-based services include a broad spectrum of help. Evaluate whether some of them are practical and affordable. Some seniors qualify for economic assistance through a county social service office. For safety, it may be more difficult for people with memory loss to continue to live at home.
- As needs increase, cost of services may exceed similar services in residential care homes or assisted-living apartments.

- Adult day care provides structured activities and meal. Some offer health services and transportation. Most can be attended full or part-time.
- Companion programs provide in-home visitors who can help with shopping, meals, housekeeping and companionship. They do not provide medical care and usually do not give personal care such as bathing or dressing. Twenty-four-hour care can run upwards of \$175 a day.
- Home health care provides medical care in the home. Services may be provided by a nurse, occupational, speech or physical therapist, or home aide
- Assisted-living apartments provide some supervision, 24-hour security and on-site staff. Residents can buy care as needed. Many units have kitchenettes, but residents may choose to eat in a common dining room.
- Residential care/memory-loss homes are similar to assisted living, and are designed for people with Alzheimer's or other memory-impairing illnesses.

### **SCORE 51-66**

**People with this score are unable to care for themselves and have health problems. Some may need rehabilitation and may be able to return home.**

- Nursing homes provide complete personal and medical care for people who are unable to manage independently. That can include short-term rehabilitative services as well as long-term care for very frail people.
- Residential care/memory-loss homes are designed for people with Alzheimer's or other memory-loss conditions. They can work well for people who need supervision but do not need intensive medical care.
- 24-hour home health services are available to very frail people who prefer to remain at home and receive 24-hour care from a home health agency. This will cost much more than nursing-home care. Hospice services include medical and social programs for terminally ill people and their families.

## DAILY LIVING ALTERNATIVES

1 2 3 4

### ALERTNESS:

Consistently alert, oriented, making logical decisions	●			
Mild confusion daily. Forgetfulness	●	●	●	●
Moderately confused, fearful, poor judgment		●	●	●
Severely confused, little recognition of family, poor short term memory, agitated at times.				●

### AMBULATION:

Totally independent	●	●	●	●
Independent with use of walker, cane, or wheelchair, Transfer independently	●	●	●	●
Assistance in transfer, ambulation is limited or poor			●	●
Unable to transfer, bed bound				●

### MEALS:

Self preparation	●			
Needs meal preparation		●	●	●
Needs meals prepared & assistance/encouragement to eat		●	●	●
Assistance with feeding/special dietary needs				●
Tube feeding				●

### GROOMING:

Self bathing, grooming, dressing	●			
Standby supervision with bathing, grooming and dressing		●	●	●
Partial or total care of daily grooming				●

### BOWEL & BLADDER:

Totally independent	●	●	●	●
Occasional incontinency, self managed		●	●	●
Frequent incontinency requiring assistance				●
Totally incontinent				●

### MEDS:

Self administration daily	●	●	●	
Daily reminders to take medications		●	●	
Daily supervision & administration				●

### PHYSICAL & SOCIAL:

Active in groups, clubs, or hobbies	●			
Needs planned activity for stimulation & exercise	●	●		●
Needs daily physical therapy for strengthening				●
Social Worker and Psychologist available				●

### MEDICAL STAFF:

Weekly or monthly blood pressure check or health screening	●	●		
Transportation provided to medical appointments	●			
Doctor available/on call 24 hours a day				●
Onsite attendants		●	●	
Physical, occupational, speech therapies on site				●
24 hour licensed nursing care				●

- 1 = Congregate Care Community, Full Service Retirement Community, or Independent Apartment Living  
 2 = Assisted Living Apartment  
 3 = Home for the Aged, Adult Foster Care Home  
 4 = Nursing Home/Rehab Facility, Long-term Care Facility or Extended Care Facility







## ACKNOWLEDGEMENTS

This booklet has been developed from *"Making the Right Connection"*, a project of the Macomb County Inter Agency Council and its Youth Council Subcommittee.

For the complete Resource Directory, please go to [www.misd.net/connection](http://www.misd.net/connection)





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