

A user-friendly GUIDE TO

Senior Citizens

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

Table of Contents

A Senior citizen wants an identification discount card	1
A senior citizen needs information on where to locate services	1
A homebound senior needs help in locating services	2
A senior citizen needs information about government health insurance	2
A senior citizen needs low cost health care	2-3
A senior citizen needs assistance with prescription medications	4
A senior citizen needs immunizations	4
A senior citizen needs dental services	4-5
A senior citizen needs medical equipment	5
A senior citizen needs food or nutritional support	5-6
A senior citizen needs an emergency response system	6
A senior citizen needs an assessment for competency to drive a car	6-7
A senior citizen needs transportation	7-8
A senior citizen needs homemaker and/or respite services	8
A senior citizen needs in-home personal care	8-9
A senior citizen needs in-home or out-of-home respite	9-10
A senior citizen needs chore or small repair services	10
A senior citizen needs a companion	11
A senior citizen wants to locate a senior activity center	11-12
A senior citizen wishes to attend a fun event	12
A senior citizen needs an empathetic group	12-14

Table of Contents, *continued...*

A senior citizen needs legal advice	14
A senior feels they may have been a victim of a crime	15
A displaced homemaker needs vocational or employment services	15-16
An older worker needs vocational or employment services	16-17
A senior citizen wants to do volunteer service	17-18
A senior citizen needs information on housing	18
A senior citizen needs long-term care	18
A senior citizen in a long-term care facility has a complaint	19
A senior citizen needs adult day care	19-21
A senior citizen is being physically abused or neglected	22
A senior citizen needs counseling	22
An adult is experiencing a mental health emergency	23
A senior citizen needs an assessment for non-emergency mental health services	24
A senior citizen needs information on nursing homes or assisted living facilities	24
A senior citizen needs hospice care	25
Notes	26-30
Acknowledgements	31

SENIOR CITIZEN SERVICES

SITUATION: A senior citizen wants an identification discount card.

- ❖ **A Retail Business discount card for Macomb County senior citizens 60 years of age and older who are retired or semi-retired** provides a consistent way of identifying themselves to obtain special discounts and rates at various Macomb County businesses. A directory of participating businesses is also available. Available from Macomb County Department of Senior Citizen Services, (586) 469-6313.

SITUATION: A senior citizen needs information on where to locate services.

- ❖ **Information and referral to services for Macomb County senior citizens** is available from Macomb County Department of Senior Citizen Services, (586) 469-6313 or you can call without a long distance charge from the following areas

Armada, Romeo	(586) 752-4506
Center Line, Warren	(586) 979-7020
Memphis, Richmond	(586) 727-3175
Washington, Shelby	(586) 247-3530

**or visit the Senior Citizen web site at:
www.macombcountymi.gov/seniorservices**

- ❖ **Assistance to older adults, caregivers and professionals working with senior citizens to locate a variety of services through a computerized database.** Information is customized based on the caller's need and geographic area and will be mailed upon request. Available from Area Agency on Aging 1-B, (800) 852-7795 visit their website at: www.aaa1b.com

SITUATION: A homebound senior citizen needs help in locating services.

- ❖ **Scheduled home visits by Resource Advocacy staff to homebound elderly to identify their needs and secure services** is available from Macomb County Department of Senior Citizen Services, (586) 469-6313.

SITUATION: A senior citizen needs information about government health insurances.

- ❖ **Health insurance education and counseling program** which responds to the concern of seniors regarding Medicare*, Medicaid* supplemental insurance, long-term care insurance, and other related benefits issues. Direct counseling services are provided by volunteers trained to help other seniors understand the increasing complexities of health care coverage. Service is provided at senior centers, churches, community centers, over the phone, and through home visits for those individuals with mobility limitations. Available from the Michigan Medicare*/ Medicaid* Assistance Program, (800) 803-7174.

SITUATION: A senior citizen needs low cost health care.

- ❖ **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.

Neighbors Caring for Neighbors Clinic at Samaritan House 58944 Old Van Dyke Washington, MI	Clinic Hours Mondays: 11:00 A.M. - 6:00 P.M.	(586) 677-3788
Henry Ford Macomb Neighbors Caring for Neighbors Clinic at Henry Ford Macomb Hospital 215 North Ave Mt. Clemens, MI 48043	Clinic Hours Tuesdays: 9:00 A.M. - 2:00 P.M. Wednesdays: 10:00 A.M. - 6:00 P.M. Fridays: 9:00 A.M. - 2:00 P.M. (But may call for appointments as late as 5:00 P.M.)	(586) 469-3750

❖ **A customized van providing free medical care and prescriptions to homeless, low income, and uninsured working persons** is available from the Mt. Clemens General Mobile Medical Outreach Clinic, (586) 741-4139 (*this telephone number is for all locations*).

Alternating Mondays	8:30 - 11:30 A.M.	Salvation Army* and Community Health Outreach Program*, Mt. Clemens
Tuesdays	8:30 - 11:30 A.M.	Salvation Army* - Warren
Thursdays	8:30 - 11:30 A.M.	Community Outreach Program, Mt. Clemens
Third Sunday	8:30 - 11:30 A.M.	St. Clement Church, Romeo

❖ **Primary health care, (limited emergency dental, vision services), medical prescriptions and over-the counter medications and substance abuse services for the homeless found in shelters and soup kitchens in Macomb County.** Call for times and locations. Available from Downriver Community Services, (810) 794-4982.

SITUATION: A senior citizen needs assistance with prescription medications.

- ❖ **Referrals for assistance with prescription drug costs** is available from a number of community resources. For a referral to these programs or eligibility criteria, contact:

Macomb County Department of Senior Citizen Services*	(586) 469-6313
Prescription Resource Network*	(586) 469-6316
Area Agency on Aging* 1-B	(800) 852-7795

SITUATION: A senior citizen needs immunizations.

- ❖ **Flu shots** are available in the fall at various Health Department* Immunization Clinics and community outreach sites. Flu shots are free if senior is enrolled in Medicare Part B. If not, the cost is \$10.00. Pneumonia vaccine and other adult immunizations are available throughout the year. For more information call the Health Department* at (586) 469-5235 or the Flu Hotline (586) 466-7923.

SITUATION: A senior citizen needs dental services.

- ❖ **Donated Dental services for people with physical and mental disabilities who cannot afford needed dental treatment** matches qualified persons with volunteer dentists. Services are donated in the dentist's office. Qualified applicants must be permanently disabled, critically ill or elderly. Each person's condition must be severe enough to prohibit or significantly limit gainful employment. In addition, they cannot afford dental care on their own, have any other resources available to get treatment, and need extensive treatments, not just a cleaning and check-up. A referral coordinator screens each applicant. For more information, contact the Foundation of Dentistry for the Handicapped (800) 766-4466 (Denver, Colorado).

- ❖ **Dental Discount Program for all Macomb County residents and their dependents who have no health insurance.** The cost is \$69 per year. Plan members receive discount of 20%-60% on dental procedures. For more information, call Senior Citizen Services, (586) 469-6313.

SITUATION: A senior citizen 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 Senior Citizen Services* (586) 469-6313.
- ❖ **Connections to needed medical equipment** is available from the Epilepsy Foundation of Michigan* - Mobility Program at (800) 377-6226 or go on the web to: www.epilepsyfoundation.org/michigan.
- ❖ **Referrals to loan closets and durable medical equipment suppliers** are available through the Area Agency on Aging* 1-B, (800) 852-7795.
- ❖ **Loans Closets of medical equipment (wheelchairs, canes, crutches)** are sometimes available at fire departments, city offices, local senior centers and fraternal organizations. Contact those organizations in your community.

SITUATION: A senior citizen needs food or nutritional support.

- ❖ **Free in-home or small group instruction on basic nutrition, food buying and preparation skills, meal planning and budgeting.** Available from the MSU Extension* - Family Nutrition Program*, (586) 469-6432.
- ❖ **Emergency Food** is available through various food pantries in Macomb County. Eligibility is determined by first calling the Macomb Food Program*, (586) 469-6004 (Monday - Friday, 9:00 A.M. - 5:00 P.M.).
- ❖ **Congregate Meal sites** are available around Macomb County. For more information, call Macomb County Community Services Agency's Senior Nutrition Program, (586) 469-5228.

- ❖ **Home-delivered meals (Meals on Wheels*) for senior citizens** unable to leave their home. For more information or eligibility requirements, call the Area Agency on Aging 1-B (586) 226-0309 or (800) 852-7795.

SITUATION: A senior citizen needs an emergency response system.

- ❖ **An emergency response system providing individuals a way to summon help by activating a device connected to a 24-hour response center** 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 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 to all persons from:

American Red Cross	(800) 959-6989	\$38.50 - \$46.00/month
Beaumont Home Medical	(248) 549-9715	\$50.00/installation (specials run quarterly); \$39.95/month
Henry Ford	(313) 874-6565	\$35.00/installation; \$35.00/month

This service is a covered benefit under the Medicaid waiver program.

SITUATION: A senior citizen 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 are 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.

SITUATION: A senior citizen needs transportation.

- ❖ **Shuttle services to some area hospitals** is provided if a patient uses the hospital’s services and lives within the hospital’s designated boundaries. Contact the hospital for information and/or transportation arrangements.
- ❖ **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. Available from Suburban Mobility Authority for Regional Transportation* (SMART*), (866) 962-5515 (Toll Free).
- ❖ **Transportation for income-eligible residents to essential locations (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

- ❖ **Transportation services for senior citizens** are available through some cities and townships. Call your city/township senior citizen’s center for transportation resources.
- ❖ **Transportation for senior citizens** is available from volunteers at the Interfaith Volunteers Caregivers, (586) 983-3633.

- ❖ **Transportation for Macomb County senior citizens** utilizing volunteer support caregivers is available from Macomb Family Services (Shelby Office), (586) 752-9696, ask for Terri Closs.
- ❖ **Information and referrals to transportation resources** is available from the Area Agency on Aging* 1-B, (800) 852-7795.

SITUATION: A senior citizen needs homemaker and/or respite services.

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

Macomb Family Services*	(586) 752-9696
Senior Citizen Services* referral of self-employed individuals	(586) 469-6313
Caregivers*	(313) 964-5070
Inter-faith Volunteer Caregivers*	(586) 983-3633
Area Agency on Aging 1-B*	(800) 852-7795

SITUATION: A senior citizen needs in-home personal care.

- ❖ **A program of services (e.g., personal care, homemaking, respite, adult day care, transportation, home-delivered meals, counseling, medical equipment/supplies) to assist frail adults to remain living independently. (Medicaid* recipients 18 years and older with a disability, who medically qualify for nursing home admission).** MI-Choice Program:

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 and 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:

<p>Department of Human Services* , Mt. Clemens serving Chesterfield (48047, 48051), Clinton Twp., Harrison Township, Mt. Clemens, New Baltimore, St. Clair Shores, Selfridge (Capehart)</p>	<p>(586) 469-7700</p>
<p>Department of Human Services* , Sterling Heights serving Armada, Lenox, Macomb, Memphis, New Haven, Ray, Richmond, Rochester (48036), Romeo, Shelby, Utica, Sterling Heights, and Washington</p>	<p>(586) 254-1500</p>
<p>Department of Human Services* , Warren serving Center Line, Eastpointe, Fraser, Roseville and Warren</p>	<p>(586) 427-0603</p>

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

A senior citizen needs in-home or out-of-home respite.

- ❖ **A program of services (e.g., personal care, homemaking, respite, adult day care, transportation, home-delivered meals, counseling, medical equipment/supplies) to assist frail adults to remain living independently. (Medicaid* recipients 18 years and older with a disability, who medically qualify for nursing home admission).** MI-Choice Program:

Macomb Oakland Regional Center*	(800) 236-3202
Area Agency on Aging 1-B*	(800) 852-7795
Washtenaw Community Health Services	(734) 222-3400

- ❖ **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.

SITUATION: A senior citizen needs chore or small repair services.

- ❖ **Lawn mowing, snow removal, odd jobs** are available through Macomb County Community Services Agency, (586) 469-5012.
- ❖ **Referrals of self-employed individual who perform services for seniors around the house at reduced rates (housecleaning, cooking, errands, yard work, etc.)** is available from Macomb County Department of Senior Citizen Services, (586) 469-6317.
- ❖ **Light housekeeping and other chore services** is available to senior citizens 55 and older who live north of 16 Mile Road and with a low to moderate income. Available from the Senior Homemaker Program at Macomb Family Services*, Romeo (586) 752-9696.
- ❖ **Chore services for Sterling Heights residents** is available from the Sterling Heights Senior Center, (586) 446-2750.

SITUATION: A senior citizen needs a companion.

- ❖ **Friendly visiting and telephone reassurance programs for isolated senior citizens** are available from Macomb County Department of Senior Citizen Services, (586) 469-6317 or (586) 469-6327.
- ❖ **Friendly visiting and telephone reassurance program for Macomb County senior citizens offering daily phone or in-person visits by a volunteer support caregiver** is available from Macomb Family Services, (586) 254-5660.
- ❖ **Senior Companions** are healthy older adults who help other adults live independently. Services include: support to family caregivers, assistance with grocery shopping and other daily tasks necessary to maintaining independence. Available from Catholic Services of Macomb Senior Companions, (586) 412-8286.

SITUATION: A senior citizen wants to locate a senior activity center.

- ❖ Macomb County Senior Activity Centers:

Armada	(586) 784-8050	Richmond	(586) 727-6700
Center Line	(586) 757-1610	Romeo	(586) 752-9601
Chesterfield Township	(586) 949-0400	Roseville	(586) 777-7177
Clinton Township	(586) 286-9333	St. Clair Shores	(586) 445-0996
Eastpointe	(586) 445-5084	Shelby Township	(586) 739-7540
Fraser	(586) 296-8483	Sterling Heights	(586) 446-2750
Harrison Township	(586) 466-1498	Warren Parks & Recreation	(586) 268-8400
Lenox Township	(576) 727-2085	Nine Mile Activity Center	(586) 757-7480

Macomb Township	(586) 286-0621	Ridgewood Recreation Center	(586) 751-8080
Mt. Clemens YMCA	(586) 469-1441	Stilwell Manor (Warren)	(586) 758-1300
New Baltimore	(586) 725-0291	Washington	(586) 786-0131

SITUATION: A senior citizen wishes to attend a fun event.

- ❖ **The Macomb Older American Festival** provides fun and games, information on community resources and a free lunch to Macomb County senior citizens. Sponsored by the Macomb County Board of Commissioners, usually in June. For more information, call Macomb County Department of Senior Citizen Services, (586) 469-6313.
- ❖ **Fun events for senior citizens** are available through local Senior Centers, see the above list.
- ❖ **Fun events for senior citizens** are sometimes available through local churches. Contact the churches in your area.

SITUATION: A senior citizen needs an empathetic group.

STATEWIDE WEBSITE FOR SELF-HELP INFORMATION:

Website: www.mpas.org
 Then click on "Self help support groups" at the left of the screen.

Alzheimer/Dementia

- ❖ **Caregiver's of Person's with Alzheimer's Disease Support Group** is available from Macomb County Department of Senior Citizen Services, (586) 469-6313.

❖ **Support groups for caregivers of persons with Alzheimer's Disease** are available throughout Macomb County. Call to confirm the group's meeting date and times before attending:

Caregiver Support Group	1 st Wednesday of each month from 10:00 - 12:00 Noon at Knox Presbyterian Church	(586) 469-6708
Caregiver Support Group	3 rd Monday of each month from 1:00 - 3:00 P.M. at A Friend's House*	(586) 412-8494
Alzheimer's Association* Support Group	3 rd Monday of each month from 1:00 - 3:00 P.M. at A Friend's House*	(586) 412-8494
Caregivers Informational Meeting	Various times and locations in Macomb County Call for more information.	(800) 272-3900
Dementia Services Discussion Group (Adult day care services available during meeting)	4 th Thursday of each month from 11:00 A.M. - 1:00 P.M. Macomb Co. Adult Day Care* St. Clair Shores	(586) 466-6817

For more information about area support groups, call the Alzheimer's Association*, (800) 272-3900.

Depression

❖ **Dealing With Depression group support** is available from Macomb County Department of Senior Citizen Services, (586) 469-6708.

Divorce

❖ **Surviving Late Life Divorce group support group** is available from Macomb County Department of Senior Citizen Services, 469-6708.

Grief

- ❖ A grief support group “New Beginnings” is available from Macomb County Department of Senior Citizen Services, 469-6708.

Grandparents Rearing Grandchildren

- ❖ **Grandparents Rearing Grandchildren support group** is available from Macomb County Department of Senior Citizen Services, 469-6315.

SITUATION: A senior citizen needs legal advice.

Legal Hotline for Michigan Seniors*: (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.
- ❖ **Legal assistance (without cost) for persons living in Macomb County and who are 60 years of age and over**. Services include: advice, referrals, negotiating settlements, or providing legal representation in certain civil matters. Group presentations on elder law issues are given to senior groups. 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) 272-3900. (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** are available from the Area Agency on Aging* 1-B, (800) 852-7795.

SITUATION: A senior feels they may have been a victim of a crime (i.e., fraud, scam, violence, etc.) .

- ❖ **Victim Liaison services** are available by calling (866) 498-8503.

SITUATION: A displaced homemaker needs vocational or employment services.

- ❖ **Tuition assistance, assessment testing, and counseling to obtain an Associate Degree or Certificate** is available from Macomb Community College* - South Campus, Warren, (586) 445-7003.
- ❖ **Free periodic workshops on job search techniques, resumes, and interviewing for displaced homemakers***. Available from Macomb Community College* - South Campus, Warren (586) 445-7003.
- ❖ **Support classes for women ("Transition to Triumph") in making a decision to either seek employment or re-enter school for training for employment.** Emphasis is on teaching individuals to set achievable goals and to take responsibility for their futures. Topics include understanding oneself, increasing self-esteem, improving communication skills, enhancing decision-making ability, assessing past and present interests and skills and examining the job market and the world of work. Scholarships are available for those meeting program guidelines. There is an information session where eligibility for the scholarship is determined. Available from Macomb Community College* - South Campus Single Parent/Displaced Homemaker's Program*, (586) 445-7003.

- ❖ **Employment services** - the Michigan Talent Bank/Job Bank Internet system provides labor market exchange. Job seekers may post a resume in the system and search employment opportunities posted by employers. Special services available to veterans. Available from Michigan Works!:

Michigan Works* 75 N. River Road Mt. Clemens, MI 48043 (586) 469-7702	Michigan Works* 43630 Hayes, Ste 100 Clinton Twp, MI 48038 (586) 263-1501	Michigan Works!* 15950 Twelve Mile Roseville, MI 48066 (586) 447-9200
TDD*: (800) 649-3777		

- ❖ **Work experience for seniors 55 and older with limited income** offers training and employment opportunities. Available from Michigan Works!, (586) 447-9200.

SITUATION: An older worker needs vocational or employment services.

- ❖ **Vocational services for older workers 55 years and older** including: classroom training (on-the-job training, individual job counseling, career assessments, job search seminars, job placement assistance. Available from Michigan Works!

Michigan Works* 75 N. River Road Mt. Clemens, MI 48043 (586) 469-7702	Michigan Works* 43630 Hayes, Ste 100 Clinton Twp, MI 48038 (586) 263-1501	Michigan Works!* 15950 Twelve Mile Roseville, MI 48066 (586) 447-9200
TDD*: (800) 649-3777		

- ❖ **Employment services** - the Michigan Talent Bank/Job Bank Internet system provides labor market exchange. Job seekers may post a resume in the system and search employment opportunities posted by employers. Special services available to veterans. Available from Michigan Works!*:

Michigan Works* 75 N. River Road Mt. Clemens, MI 48043 (586) 469-7702	Michigan Works* 43630 Hayes, Ste 100 Clinton Twp, MI 48038 (586) 263-1501	Michigan Works!* 15950 Twelve Mile Roseville, MI 48066 (586) 447-9200
TDD*: (800) 649-3777		

- ❖ **Work experience for seniors 55 and older with limited income** offers training and employment opportunities. Available from Michigan Works!, (586) 447-9200.

SITUATION: A senior citizen wants to do volunteer service.

- ❖ **Volunteer opportunities for seniors aged 55 and older** with flexible hours. To volunteer, call the Retired and Senior Volunteer Program (RSVP), (586) 412-8054.
- ❖ **Assistance with grocery shopping and other daily tasks necessary to maintaining independence and provide support to family caregivers** by Senior Companions (Healthy older adults who help other adults live independently). A small stipend is available for the volunteers. For more information, call the Senior Companion Program of Macomb, (586) 412-8286.
- ❖ **Volunteer opportunities to provide friendly visitor and telephone reassurance to isolated senior citizens.** To volunteer, call Macomb County Department of Senior Citizen Services, (586) 469-6313.

- ❖ **Volunteer opportunities to assist older and disabled persons who need a little extra help such as transportation, minor home repairs, light housekeeping and meal preparation, friendly visits, respite care and iter assistance.** Available from Macomb County Interfaith Volunteer Caregivers, (586) 983-3633.
- ❖ **Volunteer opportunity to give assistance to a frail or an incapacitated northern Macomb County senior** by providing in-home household help, grocery shopping or errand running. Flexible hours, work close to home. Available from Macomb Family Services , Romeo office, (586) 752-9696 ext. 213.
- ❖ **Volunteer opportunity to provide care and comfort to a lonely senior through home visit or phone.** Available from Macomb Family Services, Shelby office, (586) 254-5660.

SITUATION: A senior citizen needs information on housing.

- ❖ **Information on housing for senior citizens** (adult day care, apartments, retirement homes, subsidized housing, etc.) Also available is the *Senior Alternatives Guide*, a directory for senior housing and services. Referrals available from Macomb County Department of Senior Citizen Services, (586) 469-6826.
- ❖ **Information and lists of independent, subsidized , private, and licensed assisted living and nursing facilities** is available from the Area Agency on Aging 1-B, (800) 852-7795.

SITUATION: A senior citizen needs long-term care.

- ❖ **A database of all 450 Michigan licensed nursing homes** is available by calling (517) 627-1561 or www.hcam.org.
- ❖ **A list of area nursing facilities and information on how to pay for nursing care** is available from the Area Agency on Aging* 1-B, (800) 852-7795.

SITUATION: A senior citizen in a long-term care facility has a complaint.

- ❖ **The taking of long-term care service complaints** is provided by the Long-term Care Ombudsman, call (800) 833-9548 or (313) 832-6387.
- ❖ **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 complaint 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 citizen 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:

A Friend's House

Clinton Township: (586) 412-8494
Warren: (586) 759-8700
Romeo: (586) 336-6844

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.
Periodic Saturday services.

Macomb Co. Adult Day Care Centers

Clinton Township: (586) 469-5579

St. Clair Shores: (586) 466-6817

Eligibility: Persons 55 years of age or older with:

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

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

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: \$35*
(4.5 or more hours of service per day)
HALF DAY: \$22*
*Fees may be adjusted based on ability to pay.

Hours: M - F 8:00 A.M. - 5:00 P.M.

Autumn Woods Health Care Facility

Warren (586) 574-3444

Eligibility: Adults with physical, mental or emotional impairments that need assistance with activities of daily living. Can accommodate wheelchairs and people with continence problems. Will accept people who smoke. Must complete application and meet with staff prior to admission to day care program. Must have current chest x-ray and tuberculosis test.

Services offered: Social program with medical component for impaired adults. Center is open Monday - Friday from 6:30 A.M. - 6:30 P.M. Care available on a full-time, part-time or hourly schedule. Provides socialization and activities, supervision, personal care, and medication administration. Personal care includes feeding, toileting, bathing and ambulation. Physical, dietician, and R.N. on staff. Breakfast, lunch and snacks included in fees. Physical, occupational and speech therapies, and hair care (beauty shop) available for additional fees. This facility has alarms on doors for security.

Cost: DAILY RATE: \$60/8 hours; \$96/12 hours
PART-TIME: \$40/4 hours minimum
HOURLY RATE: \$ 9.00 \$11.00

Hours: M - F: 8:30 A.M. - 5:30 P.M.
Saturday: 10:30 A.M. - 4:00 P.M.
Sunday: 11:00 A.M. - 1:30 P.M.

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 senior citizen is being physically abused or neglected.

- ❖ **Investigation of complaints of abuse and/or neglect of vulnerable adults (18 years or older) who are at risk of harm due to the presence or threat of abuse, neglect, or exploitation.** Available from the Department of Human Services*:

Regular business hours	Department of Human Services* Protective Services	(877) 412-6109
Emergency Situation	<i>Call your local police department.</i>	

- ❖ **Services for victims of domestic violence** are available to persons of all ages through Turning Point Domestic Violence Shelter*, (586) 463-4430.

SITUATION: A senior citizen needs counseling.

- ❖ **Individual, family and group counseling services for older adults aged 60 and over** is available from the Macomb County Department of Senior Citizen Services*, (586) 469-6708.
- ❖ **Counseling on issues of alcoholism, prescription drugs and other drugs** is available from the Older Adult Substance Abuse Prevention Program, St. John Health System - Eastwood Clinics, call TOLL FREE (800) 626-3896.
- ❖ **Counseling services** are available through Catholic Services of Macomb*, (586) 416-2300.

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 senior citizen 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 Monday - Friday: 8:30 a.m. - 4:45 p.m.
---------------------	---

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 senior citizen needs information on nursing homes or assisted living facilities.

- ❖ **A database of all 450 Michigan licensed nursing homes** is available by calling (517) 627-1561 or www.hcam.org.
- ❖ **Information on nursing homes**, including formal complaints is available from Alzheimer’s Association, (800) 272-3900.
- ❖ **Information on nursing homes**, including formal complaints is available from Citizens for Better Care* (800) 833-9548.

SITUATION: A senior citizen needs hospice care.

- ❖ **Hospice services** (usually covered by medical insurance, including Medicare, when ordered by a physician) serving Macomb, Oakland, St. Clair and Wayne counties are available from:

Hospice of Henry Ford Bi-County/Bon Secours	(586) 759-0874
Hospice of Michigan, Detroit	(888) 466-5656
Hospices of Henry Ford Hospital	(586) 263-2840
Hospices of Henry Ford Residence	(586) 754-3150
Hospice of Michigan, Macomb County	(888) 247-5181
Samaritan Care Hospice	(248) 355-9900 or (800) 397-9360
Mercy Cranbrook Hospice Care, Bloomfield Hills	(800) 832-1155
Nursing Home Hospice Team – Henry Ford	(586) 774-4141
St. John Home Care Hospice, Detroit	(800) 248-2298
Henry Ford Macomb Hospital, Clinton Twp.	(586) 263-2840
Visiting Nurses Association Hospice, Oak Park	(800) 852-1232

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





GREAT PARENTS MACOMB*
Serving families with children birth to age 5

For information on other resources for families of children age
birth to 5 years, please call:

1.866.4MACOMB

1.866.464.2662

* This document was printed through the State of Michigan Great Parents grant
awarded to Macomb Intermediate School District.
Agencies throughout Macomb County are program partners.