

THE MARK OF

KNOWLEDGE



The Source for Seniors



THE SOURCE FOR SENIORS

The power of knowledge is evident when it comes to older adults and caregivers navigating their independence and needs. It can be overwhelming. Navigating the wide number of resources that exist to aid older adults is no easy task, which is why we try to streamline this process and lead them through their journey. For each phone call, website visit, in-person visitor, and assessment we receive, we work to provide resources that are personalized to each individual. We do this because there is no “one-size-fits-all” for aging well and we want to be sure that all individuals we touch are able to stay as autonomous as possible. This is done through the implementation of the many services that we and our partner agencies offer.

INFORMATION & ASSISTANCE (I & A)

Our I&A team works to fully understand a person’s unique situation and recommend the best fit of services. They act as a reliable guide, taking care to listen fully to callers, identify specific struggles, and problem-solve for solutions.

EDUCATION

We focus on education and providing programming that can assist caregivers and care recipients. The Caregiver Resource Network brings together caregiving resources within our nine-county region. Family Caregiver University (FCU) involves monthly classes at the agency

for anyone in a caregiving role. These topics range from community resources, self-care, activities, and more. FCU not only supports a caregiver on their journey, but it allows them to be a stronger caregiver for the loved one they support.



helping caregivers one class at a time

Another way we work to educate the community is through our Dementia Friends program. We are the state-lead for the program, which emphasizes helping individuals and organizations fully understand dementia and how to communicate effectively. Medicare and Medicaid are also confusing to navigate, our Medicare Medicaid Assistance Program is in place with counselors who will help answer those questions.



Regular physical exercise is essential to prevent injuries, remain fit, and improve overall well-being. Our Healthy Aging programs are rooted in education with evidence-based class offerings to help with strength, balance, and fall prevention. Aside from fitness, the social aspect of the program allows older adults to build friendships and hold each other accountable in their wellness.



There are many resources available within our nine-county region, which is why we also work to connect with the greater community to educate people before they need assistance. This is where our website, outreach visits, media appearances, and social media come into play as further educational tools for people turn to before calling.



PERSONALIZED PLANS

Care Management and the MI Choice Medicaid Waiver (MI Choice) programs help provide person-centered care that empowers individuals to age in place. Ongoing services include personal care, housekeeping, meals, and transportation. In an initial assessment the Care Manager is able to truly get to know an individual, coordinating their services and connecting them with partner agencies and community resources. Care Managers do more than oversee an individual's care, they become their advocate in making sure their needs are met. Sometimes, just having someone in their corner cheering them on can be a driving force for a person's confidence in maintaining their independence.

