

# Sixty Seconds

*A monthly update from Senior Resources of West Michigan  
560 Seminole Road Muskegon, Michigan 49444*

*January 2012  
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## Long Term Care Options Counseling a 2012 Priority

Senior Resources has served older adults in Muskegon, Oceana and Ottawa Counties for over 38 years. As an Area Agency on Aging, we assess community needs, create service plans, contract locally for service delivery, counsel on Medicare/Medicaid benefits, serve as an advocate agency for the elderly and provide in-home care coordination services including the MIChoice Medicaid Waiver program.

From the very beginning our goal has been to promote lifelong independence and dignity for older adults.

We strive to assist people in making informed decisions regarding long term care by providing information, level of care assessments and coordination of a variety of services. In addition to the MI Choice Medicaid Waiver program which currently has a 12 month wait list, Senior Resources offers long term care options counseling, care coordination, targeted care management, caregiver support services, and community living consultation. Here's a snapshot of our Care Connection services:

### **MI Choice Medicaid Waiver:**

This program allows the client to access services in the community

along with receiving support in their own home or other residential setting. Medicaid eligible individuals must be medically appropriate for nursing home care.

### **Long Term Care Options Counseling:**

This year three new staff have been trained to counsel older adults, people age 18+ living with disabilities, caregivers, and/or concerned family members on their options for long term care. They will provide information and referrals to programs and services

Care coordination services include adult day care, homemaking, in-home respite care, personal care and medication management. These services are funded in part by federal and state funds allocated under the Older Americans Act and granted to Senior Resources.

To be eligible for Care Coordination services one must be 60 + years of age and unable to perform tasks needed to remain at home. Because of limited funding, participants are generally limited to receiving help only once or

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### Here's a snapshot of our Care Connection services...

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throughout our three county area, assess potential Medicaid eligibility and assist with paper-work as required/requested. They can explain the costs for various levels of care such as skilled nursing facility care, assisted living fees, and typical charges for in-home services such as homemaking and home health care.

### **Community Living Consultation and Care Coordination:**

These programs are for frail adults age 60+ who require assistance with daily care needs yet desire to live independently. A consultant will discuss options for maximizing resources and review available housing and service options.

twice per week. There are no income requirements. Participants are asked to cost-share or privately pay as they are able.

### **Targeted Care Management:**

These services are directed to Medicaid eligible adults age 60+ who are not enrolled in the MI Choice Medicaid Waiver program. Individuals enrolled in the program must meet nursing home level of care criteria. A Care Manager provides assessment services, care planning, service coordination, follow-up and re-assessment.

### **For more information call:**

**(231) 733-3585 or**

**Toll free: 1-800-442-0054 x 3585**

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560 SEMINOLE ROAD  
MUSKEGON MI 49444**

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**The Mission of Senior Resources  
An Area Agency on Aging:**

To provide a comprehensive and coordinated system of services designed to promote the independence and dignity of older persons and their families in Muskegon, Oceana, and Ottawa counties — a mission compelling us to focus on older persons in greatest need and to advocate for all.

**[www.srwm.org](http://www.srwm.org)**

Phone: (231) 739-5858

Toll Free: 1-800-442-0054

**Caregiver Support & Services**

**Creating Confident Caregivers**

A free 6 week course for family caregivers dealing with Alzheimer's Disease or dementia.

Respite care services are also provided at no cost. Inquire when registering at (231) 739-5858 or toll free 1-800-442-0054. Pre-registration required.

**Next session starts: February 22nd**

**Where:** Tanglewood Park  
560 Seminole Road  
Norton Shores, 49444

**When:** Wednesdays  
February 22nd—March 29th

**Time:** 1:30– 3:30 pm

**Sponsor:** Alliance Home Health Care

This program is supported in part by Senior Resources of West Michigan and the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program

**On-going Caregiver Support Groups...**

**Muskegon County:**

- ◆ Tanglewood Park– Thursdays 5:30-6:30 pm  
Phone: Kim at 733-3525
- ◆ Brownstone Restaurant – Parkinson's Group  
2nd Tuesdays at 11:00am Phone: 780-3665

**Oceana County:**

- ◆ Oceana Council on Aging– TBA-  
Phone: Vickie at 231-873-4461

**Ottawa County:**

- ◆ Coopersville Area– Christian Reformed Church  
2nd & 4th Tuesdays 11:00 am  
Phone: Jim at 616-402-8042
- ◆ North Ottawa Area– Spring Lake Village Hall  
Thursdays 11:00 am. Call Jim at 616-402-8042
- ◆ Holland Area– Evergreen Commons  
1st Monday 6:30 pm/2nd Tuesday 12:30 pm  
Phone: Gloria at 616-355-5153

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**Alzheimer's Disease Support Groups:**

The Alzheimer's Association offers a variety of caregiver support services and groups. For information call 1-800-272-3900 or [www.alz.org](http://www.alz.org)