

# Michigan Care Kit: A Care Guide



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This Care Kit was collated by Caring Across Generations and was created to be a helpful guide on care resources in Michigan. If you have questions, please email [Angela.Holton@caringacross.org](mailto:Angela.Holton@caringacross.org).



# General Support to Find Access to Services in Michigan

## [211](#)

2-1-1 is a free service that connects Michigan residents with help from thousands of health and human services agencies and resources in their communities. 2-1-1 is a confidential service, and can help with accessing food, housing, and paying bills. If you have an out-of-state phone number, this support services line can be reached by texting your Michigan zip code to 89821 or by calling 844-875-9211.

## [MI Bridges](#)

MI Bridges aims to connect greater numbers of individuals and families in Michigan to a range of state and local resources, as well as MDHHS benefit programs, to promote household stability. You can apply for the Women, Infants, and Children (WIC) program, Medicaid, cash assistance, food assistance, and state emergency and relief at MI Bridges.

# Guides and Support for Caregivers

## [Guide for Family Caregivers in Michigan](#)

An AARP guide for family caregivers in Michigan.

## [AARP's Family Caregiving Guides](#)

Guides in English, Spanish, and Chinese. Also includes a guide for Asian-American, military, and LGBTQ+ caregivers.

## [A list of AARP's Family Caregiving Resource Guides](#)

Information on how to make your home safe for aging parents, tips for having difficult caregiving conversations, and more.

## [Alzheimer's Association 24/7 Help Line](#)

This Helpline (800-272-3900) is available 24/7, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families, and the public.



### [AARP's Support Line](#)

AARP's dedicated, toll-free family caregiving line for people taking care of a loved one. Agents are available to take calls Monday-Friday, 8 a.m. to 8 p.m. ET at 877-333-5885. The support line is also available in Spanish at 888-971-2013.

### [An Overview of Long-Distance Caregiving and Helping from Afar](#)

A guide from AgingCare.com

### [Combating the Epidemic of Loneliness in Seniors](#)

An article from Aging Care.

### [How to be a Caregiver](#)

A piece from the New York Times with advice from experts on caregiving and aging.



# Support Groups for Caregivers

## [Michigan Caregiving Support Groups](#)

Groups based in Livingston, Oakland, Macomb, Monroe, St. Claire, and Washtenaw counties.

## [Support Groups - Caregiver Resource Network](#)

Caregiver support groups in the greater Grand Rapids area.

## [Caregivers Support Groups in Metro Detroit and Ann Arbor](#)

Caregiver support groups in Metro Detroit and the Ann Arbor area.

# Respite Care

## [A Guide to Respite Care for Families in Michigan](#)

A guide from Michigan.gov.

## [Michigan Respite Care Providers](#)

Resources provided by the National Respite Network.

# Disability-Related Care Resources

## [Michigan Assistive Technology Program](#)

The Michigan Assistive Technology Program (MATP) is a federally-funded program, designed to increase access to, and knowledge of, Assistive Technology (AT) for all of Michigan. The MATP focuses on reaching disabled people, and their friends and families. This program also connects you with Assistive Technology device loans.

## [Family Support Subsidy](#)

The Family Support Subsidy (FSS) is a community-based, family-centered support service that makes it possible for developmentally disabled children to remain with or to return to their birth or adoptive families. The subsidy provides a monthly payment of \$300.36 that families can spend to care for a severely disabled child at home.

## [Disability Assistance Eligibility and Information](#)

State Disability Assistance (SDA) provides cash assistance to eligible disabled adults and older adults. If you are the caregiver of a disabled person or are age 65 or older, you may be eligible for SDA.

## [Tax Help for Disabled People](#)

Taxpayers can call the Accessibility Helpline at 833-690-0598 for questions related to current and future accessibility products and services available in alternative media formats.

## [Find your local Arc Michigan Chapter](#)

The mission of The Arc Michigan is to ensure that developmentally disabled people and their families can participate fully in and contribute to their community. All local Arc programs have advocacy services, though other programs and services may vary.

### [Michigan Alliance for Families](#)

Michigan Alliance for Families is a statewide resource to connect families of disabled children to resources to help improve their children's education. The alliance can help facilitate parental involvement as a means of improving educational services and outcomes for disabled students.

### [Michigan Medicare/Medicaid Assistance Program](#)

Michigan's free, unbiased resource can help you navigate Medicare and Medicaid. Call 800-803-7174 to speak to a counselor.

## Job Search Engines Dedicated to Hiring Equitably

[AbilityJobs](#)

[Chronically Capable](#)

[Getting Hired](#)

[Job Board - Disability Power](#)



# Aging Resources

## [Michigan Elder Justice Initiative](#)

The Michigan Elder Justice Initiative advocates the most vulnerable older adults, including around issues of long-term care, guardianship, public benefits, and elder abuse, neglect, and exploitation.

## [Michigan Long Term Care Ombudsman Program](#)

The Michigan Long Term Care Ombudsman Program strives to improve the quality of care and quality of life experienced by residents who reside in licensed long-term care facilities. The Ombudsman advocates for the residents, guided by their wishes. To reach a local ombudsman, call: 866-485-9393.

## [Michigan Medicare/Medicaid Assistance Program](#)

Michigan's free, unbiased resource can help you navigate Medicare and Medicaid. Call 1-800-803-7174 to speak to a counselor.

## [Benefits Checkup](#)

BenefitsCheckUp, a service provided by the National Coalition on Aging, connects millions of older adults and disabled people with benefits programs that help pay for health care, medicine, food, utilities, and more.

## [HomeFit Guide](#)

A free publication by AARP (available in English, Spanish, Chinese, Korean, and Vietnamese) featuring smart ways to make a home comfortable, safe, and a great fit for older adults — and people of all ages.

## [Advanced Care Planning Process Guide](#)

Advanced care planning document by Making Choices Michigan.

## [Home Health Compare](#)

This service helps you find and compare home health providers in your area. Home health care includes skilled nursing care, physical therapy, occupational therapy, speech therapy, medical social services, and home health aide services.

## [AARP Tools and Calculators](#)

Tools include a long-term care cost calculator, a Medicaid question and answer tool, and more.

## [Mid-American Pension Rights Project](#)

This organization assists with basic advice about pension laws and pension rights; information about pension benefits for spouses or survivors; finding pensions “lost” due to company mergers, relocation, or bankruptcy; investigation of benefit denials and filing appeals; rights of divorced persons; and filing benefit claims. They’re open Monday - Friday, 8AM - 4PM ET and can be reached at 866-735-7737.





# Medicaid Home and Community-Based Services

When someone qualifies for Medicaid long term care services, they may decide they'd prefer to receive those services in their home. Home and community-based services (HCBS) provide opportunities for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings. These programs serve a variety of targeted population groups, such as intellectually, developmentally, physically, or mentally disabled people.

## [Michigan Medicare/Medicaid Assistance Program](#)

Michigan's free, unbiased resource can help you navigate Medicare and Medicaid. Call 800-803-7174 to speak to a counselor.



# Medicaid Home and Community-Based Services for Older Adults

## [MI Choice Waiver Program](#)

Through MI Choice, eligible adults who meet income and asset criteria can receive Medicaid-covered services, like those provided by nursing homes, in their own home or another residential setting. More information on Medicaid waiver eligibility in Michigan can be found [here](#).

## [MI Health Link](#)

MI Health Link offers a broad range of medical and behavioral health services, pharmacy, home and community-based services, and nursing home care, all in a single program designed to meet individual needs.

Find frequently asked questions about the program [here](#).

## [Home Help](#)

This service supports disabled people and older adults to live independently. Home Help providers assist people with Activities of Daily Living (ADLs), such as bathing and dressing, and/or Instrumental Activities of Daily Living (IADLs), such as cooking and laundry.

## [Program of All-Inclusive Care for the Elderly — PACE Michigan](#)

The Program of All-Inclusive Care for the Elderly (PACE) is a nationwide healthcare program that combines medical and social support for those who are 55 or older. PACE is an alternative to nursing home care, delivered through an interdisciplinary care team of physicians, nurses, social workers, therapists, and aides. They can be reached at 877-2MI-7223.

[MI Choice, Community Transition Services, and PACE Ombudsman Program \(MICPOP\)](#) The MI Choice, CTS and PACE Ombudsman Program (MICPOP) educates, supports and advocates on behalf of participants in the MI Choice, Community Transition Services and PACE. They ensure that participants receive the Home and Community Based Services (HCBS) they're entitled to under these programs, and protect participants' rights.

## [Comparison of Home and Community-Based Long Term Care Programs](#)

A guide by the Michigan Department of Health and Human Services.

# Medicaid Home and Community-Based Services for Intellectually or Developmentally Disabled People

## [Children's Waiver Program](#)

The Children's Waiver Program (CWP) provides home and community-based services for children who are under age 18. To be eligible for the CWP, a child must have a documented developmental disability and need medical and/or behavioral supports and services at home.

## [MI Habilitation Supports Waiver](#)

The MI Habilitation Supports Waiver provides respite, supported employment, support coordination, medical equipment and supplies, medications, fiscal mediation, goods and services, community living supports, environmental modifications, family and non-family training, overnight health and safety support, personal emergency response system, and private duty nursing for intellectually or developmentally disabled individuals of all ages.

## [Children's SED Waiver](#)

The SEDW enables Medicaid to fund necessary home and community-based services for children with serious emotional disturbance who meet the criteria for admission to the state inpatient psychiatric hospital and/or are at risk of hospitalization without waiver services.

## [Home Help](#)

This service supports disabled people and older adults to live independently. Home Help providers assist people with Activities of Daily Living (ADLs), such as bathing and dressing, and/or Instrumental Activities of Daily Living (IADLs), such as cooking and laundry.

# Medicare Resources

## [AARP Medicare Enrollment Guide](#)

This AARP guide is a tool that provides clear and unbiased guidance on key decisions that you will need to make about enrolling in Medicare for the first time.

## [Benefits Checkup](#)

Benefit's Check-up is a free service of the National Council on Aging that can help you assess benefits that you might be eligible to receive.

## [A Guide to Medicare Savings Programs in Michigan](#)

You can apply for the Medicare savings program at MI Bridges [here](#).

## [Find And Compare Care Providers Tool](#)

This tool from Medicaid.gov includes information on hospice care, long-term care, inpatient rehabilitation facilities, doctors, and more.



# Financial Support

## [Temporary Assistance to Needy Families \(TANF\)](#)

Cash assistance may be available to eligible children and their relative caregivers. There are two types of TANF grants: child-only and family grants. TANF can be reached by phone at 855-275-6424.

## [Tips for Preventing Financial Exploitation for Aging Adults](#)

A guide by Eldercare Locator.

# Tax Support

## [Tax Help Available for Southeast Michigan Seniors](#)

Provided by the Area Agency on Aging to residents of Southeast Michigan.

## [Tax Help for Disabled People](#)

Taxpayers can call the Accessibility Helpline at 833-690-0598 for questions related to current and future accessibility products and services available in alternative media formats.

## [Free Tax Preparation Services](#)

The Volunteer Income Tax Assistant program offers free tax help to people who need assistance in preparing their own tax returns, including: 1) people who generally make \$60,000 or less, 2) disabled people, and 3) taxpayers who speak limited English. The Tax Counseling for the Elderly program offers free tax help for those who are age 60 and older.

# Legal Support

## [Michigan Legal Help](#)

Michigan Legal Help is for people who are handling their legal problems without a lawyer. This website does not give legal advice, and it is not a substitute for having a lawyer.

## [Find a Lawyer](#)

A resource to help you find a lawyer from the National Academy of Elder Law Attorneys.

## [Free Legal Services](#)

Lakeshore Legal Aid is a not-for-profit law firm providing a range of free civil legal services to people who are low income, seniors, and/or survivors of domestic violence and sexual assault in our communities. New clients can call 888-783-8190 to receive support.



### [Legal Services of Northern Michigan](#)

Legal Services of Northern Michigan (LSNM) is a nonprofit law firm providing free, high-quality legal advice and representation for eligible clients in a broad range of areas including consumer cases, family matters, housing problems, government benefits, and much more.

# Housing & Utility Support

### [Housing Choice Voucher Program Section 8](#)

The housing choice voucher program is the Federal Government's major program to help very low-income families, aging adults, and disabled people to afford decent, safe, and sanitary housing in the private market. Find your local office to apply [here](#).

### [Home Energy Tips for Aging Adults](#)

A guide by Eldercare Locator.

### [Low Income Home Energy Assistance Program](#)

The Low Income Home Energy Assistance Program helps keep families safe and healthy through initiatives that assist families with energy costs. They help to provide federally funded assistance in managing costs associated with: home energy bills, energy crises, weatherization, and energy-related minor home repairs. They can be reached by phone at 202-401-9351.

### [Home Energy, Telephone, and Internet Assistance Information](#)

Information on eligibility and how to apply for home energy assistance.

### [Heat and Utilities Support - Michigan's Department of Health and Human Services](#)

Information and application via [MI Bridges](#).

### [Utility Assistance - United Way for Southeastern Michigan](#)

Information compiled by the United Way of Michigan. Apply for State Emergency Relief or the Michigan Energy Assistance Program through [MI Bridges](#).

### [Community Housing Network](#)

Learn more about homeless services, shelters, subsidized housing list, homeownership, landlord engagement program, property and asset management, permanent supportive housing programs, and independent living.

### [Housing Resources - We the People MI](#)

Compiled by We The People Michigan, this resource includes tenant rights lease rules, eviction information, and more.

# Families and Children Resources

## [MI Bridges](#)

Apply for the Women, Infants, and Children (WIC) program, Medicaid, cash assistance, food assistance, and state emergency and relief at MI Bridges. If you're eligible for Medicaid or Healthy Michigan Plan health care coverage, call Michigan ENROLLS at 888-367-6557 (TTY: 888-263-5897) to select a health plan.

## [Choosing Quality Child Care](#)

A guide by Child Care Aware of America.

## [Partnering with Families for Child Care Emergency Preparedness](#)

A guide by Child Care Aware of America on emergency preparedness for families with children.

## [Children with Serious Emotional Disturbances SEDW Waiver](#)

The SEDW enables Medicaid to fund necessary home and community-based services for children with serious emotional disturbances who meet the criteria for admission to the state inpatient psychiatric hospital and/or are at risk of hospitalization without waiver services.

## [Children's Waiver Program](#)

The Children's Waiver Program (CWP) makes it possible for Medicaid to fund home and community-based services for children who are under age 18. To be eligible for the CWP, the child must have a documented developmental disability and need medical or behavioral supports and services at home.



# Food Support

## [Senior Project FRESH/Market FRESH](#)

The program provides participants free nutrition education and \$25 in coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers' markets and roadside stands.

Residents age 60 or older with a total household income of \$25,142 or less for an individual, or \$33,874 for a couple, are eligible to apply for the program.

## [Supplemental Nutrition Assistance Program \(SNAP\)](#)

SNAP provides nutrition benefits to supplement the food budget of low-income families so they can purchase healthy food. Check eligibility [here](#) and apply [here](#). SNAP eligibility may differ for disabled people and aging adults; read more on that [here](#). Michigan SNAP can be reached by phone at 888-642-7434.

## [Find Your Local Food Bank - Feeding America](#)

The Feeding America nationwide network of food banks and food programs helps millions of people find food and grocery help in their communities every year.

## [Find Meals | Meals on Wheels America](#)

The Meals on Wheels service is a nutritious meal and companionship program for seniors.

# Employment and Aging

## [AARP Job Board](#)

Features employers committed to hiring aging adults.

## [Resume Help — AARP Resume Advisor](#)

A service provided by AARP for free resume support by resume professionals.

# Aging Care Facilities

## [Statewide Search for Adult Foster Care/Homes Facilities](#)

A search tool by the Michigan Department of Licensing and Regulatory Affairs.

## [How to Choose a Home Care Agency](#)

An article from Aging Care.



### [How to Choose a Nursing Home - Guide](#)

A guide from the National Institute on Aging.

### [How to Choose an Adult Day Care Center](#)

An article from Aging Care.

### [Checklist: How to Find the Best Nursing Home for a Senior](#)

An article from Aging Care.

### [Eldercare Locator](#)

A public service of the U.S. Administration on Aging that connects you to services for older adults and their families.

### [Senior Living Facilities](#)

A free service that allows families, older adults, and their caregivers to search for and find various types of living facilities, including assisted living homes, dementia care homes, Alzheimer's care communities, retirement communities, and more.

### [Provider Locator - Community Living Services](#)

A locator for community living provider services in the Detroit area. For children up to age six, call CLS Customer Services at 734-722-6364. For people age six years and older, contact the Centralized Access Center at 800-241-4949 (TDD: 866-870-2599). Free interpreter services are available. If special accommodations are needed to acquire services, please contact CLS Customer Service at 734-722-6364.

### [Senior Moving Guide: Storage and Housing Assistance](#)

A guide by StorageUnits.com.



# COVID-19

## [COVID-19 Vaccines](#)

Find a [vaccine location near you](#) or call the COVID-19 Hotline at 888-535-6136 (press 1). The Hotline is available 8 am to 5 pm ET Monday through Friday and 10 am to 2 pm on Saturday and Sunday.

## [Find a COVID testing site near you](#)

For help finding a testing site, call the COVID-19 Hotline at 888-535-6136 (press 2).

## [Actions for Caregivers of Aging Adults During COVID-19](#)

A guide by the Michigan Department of Health and Human Services.

## [Plain Language COVID Information](#)

A straightforward guide to COVID-19.

## [COVID-19 Funeral Assistance](#)

Information on how COVID-19 funeral assistance works, who is eligible, and what is covered. You can call the Federal Emergency Agency (FEMA) by calling 844-684-6333. This support line is open Monday through Friday from 9 am to 9 pm ET. Multilingual services are available.

## [COVID Data: Current Issues & Impact on Disabled People](#)

A document compiled by Detroit Disability Power.

# Classes and Community Events

## [Community Events - Behavioral and Physical Health and Aging Services Administration](#)

MDHHS' Bureau of Aging, Community Living and Supports is inviting the public from across the state to participate in its in-person and online Community Conversations to discuss the needs of Michigan's older adults.

## [Workshops and Activities - Detroit Area Agency on Aging](#)

A list of classes and workshops offered in Detroit on fall prevention and getting active as we age.

## [Community Courses - Detroit Area Agency on Aging](#)

Free educational courses on topics like diabetes and creating confident caregivers offered in Detroit by the Detroit Area Agency on Aging.

### [DanceAbility Classes - Disability Power](#)

Disability Power offers in-person classes and workshops at several community locations and one weekly class on Zoom, as well as seasonal dance field trips to the Detroit Institute of Arts. Programs are facilitated by Cara Graninger; she can be reached out to at [caragraninger@gmail.com](mailto:caragraninger@gmail.com). Find the DanceAbility Facebook Group [here](#).

### [Book Club - Disability Power](#)

The mission of Detroit Disability Power's book club, 'You Can't Put Us Down!', is to create a space for DDP members to connect over literature and shared interests in the realms of advocacy, networking, and disability pride.

### [Free Education Programs - Alzheimer's Association](#)

Contact the Alzheimer Association's 24/7 Helpline at 800-272-3900 or [helplinegmc@alz.org](mailto:helplinegmc@alz.org) with questions or to register for these education programs.

## Miscellaneous

### [Disaster Preparedness Guide](#)

This guide covers common types of emergencies that family and caregivers of older adults should be aware of, tips for helping the elderly evacuate when needed, and a handy checklist of items to have in the event of an emergency.

### [Emergency Preparedness for Older Adults Guide](#)

From the Centers for Disease Control.

## Online Spaces for Caregivers

### [AARP's Family Caregiving Online Communities and Forums](#)

### [AARP'S Family Caregivers Discussion Group](#)

