



Service Network

The Senior Alliance (TSA) is a non-profit agency designated as the Area Agency on Aging for the 34 communities of southern and western Wayne County.

TSA is dedicated to enhancing and preserving the independence of older adults and individuals with disabilities, as well as providing support to caregivers.

The TSA Service Network includes in-home and community-based programs and services offered directly by agency staff and service providers who are contracted by TSA*.

Contact TSA for additional information about network services and other community programs.

**Services provided directly by TSA are noted with (TSA). Call the main phone number for details.*

**The Senior Alliance
Area Agency on Aging 1-C
3850 Second Street
Suite 100
Wayne, Michigan 48184
Phone: 734-722-2830 / 800-815-1112
Fax: 734-722-2836
Email: info@tsalink.org
Website: www.aaa1c.org**

ADULT DAY CARE

Adult Day Programs provide care and supervision for functionally impaired individuals age 60 and older in a secure community setting. Services may include social and recreational activities and assistance with daily living skills.

Woodhaven Retirement Community

734-261-9000

Engaging Adults in Interaction Adult Day Services

313-291-2713

CARE MANAGEMENT (TSA)

Care Management is designed to provide support and link services to individuals age 60 and older who have complex needs and are at risk of nursing home placement.

The program includes an in-home assessment by a registered nurse and social worker, followed by arrangements for service delivery.

CAREGIVER SUPPORT

Offers free legal assistance to caregivers of individuals age 60 and older.

Neighborhood Legal Services-Elder Law & Advocacy Center

Caregiver Legal Assistance

313-937-8291



CASE COORDINATION AND SUPPORT (TSA)

The Case Coordination and Support program assesses the eligibility of individuals age 60 and older for in-home services such as Personal Care, Homemaker, and Respite Care.

CHORE REFERRAL (TSA)

Individuals age 60 and older and adults with disabilities looking for home chore assistance will be given the names of independent workers who have agreed to provide services at a reduced cost.

Homeowners make their own arrangements for the work and payment for service.

CONGREGATE MEALS

Individuals age 60 and older can get a hot lunch weekdays at any of the 41 community lunch sites.

The meals provide at least one-third of the Recommended Dietary Allowance (RDA).

Reservations must be made. Call TSA or Wayne County Office of Nutrition for a nearby site.

Wayne County Office of Nutrition Services

734-727-7357 or 800-851-1454

ELDER ABUSE SERVICES

This service provides public education, outreach, and referral with respect to the prevention of abuse, neglect, and exploitation of older adults.

Neighborhood Legal Services-Elder Law & Advocacy Center

313-937-8291

EVIDENCE-BASED DISEASE PREVENTION PROGRAMS

Evidence-Based Disease Prevention Programs help individuals age 60 and older to increase their activity levels.

The courses offered have demonstrated proven results for participants. Programs have the same content regardless of location.

Arthritis Exercise Program

Offers low-impact exercises, that can be done either sitting or standing, to help relieve stiffness/pain and to build strength/stamina.

The class was developed by physical therapists specifically for individuals with arthritis or related conditions.

Garden City Senior Adult Services

734-793-1856

Van Buren Township Senior Center

734-699-8918

St. Mary's Hospital Wellness Center

734-655-1310

Arthritis Tai Chi Program

This program brings the gentle, graceful, flowing power of sun-style tai chi to the community. This joint-friendly exercise program will both relax and increase mental and physical energy.

Garden City Senior Adult Services

734-793-1856

Van Buren Township Senior Center

734-699-8918

St. Mary's Hospital Wellness Center

734-655-1310

Enhance Fitness Program

Enhance Fitness focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Inkster Senior Services

313-561-2382

National Kidney Foundation of Michigan

800-482-1455

Healthy Eating for Successful Living Among Older Adults

Classes are designed to help older adults learn more about how nutrition and lifestyle changes can promote better health.

ACCESS

313-842-7010

The Senior Alliance

800-815-1112

Matter of Balance Program

This group-based course teaches practical coping strategies to reduce the fear of falling. This course has eight sessions and each class lasts two hours.

St. Mary's Hospital Wellness Center

734-655-1310

National Diabetes Prevention Program

A program designed to show participants how lifestyle changes can reduce their risk for type 2 diabetes. Participants work with a lifestyle coach in a group setting over a period of 12 months.

National Kidney Foundation of Michigan

800-482-1455

PATH (Personal Action Toward Health)
Chronic Disease Self-Management

Classes are designed to help individuals manage their chronic conditions. The class is held over a six week period, and each session lasts 2½ hours.

The workshop has a wide range of activities and skill building exercises that help the participant learn to communicate with their medical provider, make better food choices and become more active.

National Kidney Foundation of Michigan
800-482-1455

The Senior Alliance
800-815-1112

Diabetes PATH

Classes teach skills needed in day-to-day management of diabetes and to maintain and/or increase life's activities.

National Kidney Foundation of Michigan
800-482-1455

The Senior Alliance
800-815-1112

FRIENDLY REASSURANCE (TSA)

This program offers regular telephone contacts with homebound individuals age 60 and older to assure their well-being, safety and provide social interaction.

For information about this program call: 734-722-2830 or 800-815-1112

HOME DELIVERED MEALS (Meals on Wheels)

Homebound individuals age 60 and older can receive a hot meal delivered to them Monday-Friday. The meals provide one-third of the Recommended Daily Allowance (RDA). Liquid meals are also available.

Wayne County Office of Nutrition Services

734-727-7357 or 800-851-1454

HALAL HOME DELIVERED MEALS (Meals on Wheels)

Homebound Muslim individuals age 60 and older can receive a hot meal delivered to them Monday-Friday. An Arabic speaking specialist is available to answer questions.

Wayne County Office of Nutrition Services

734-727-7357 or 800-851-1454

INFORMATION AND ASSISTANCE (TSA)

Information and Assistance (I&A) is the first point of contact for individuals calling TSA. Information Specialists provide information and referrals to assist older adults, caregivers and individuals with disabilities with their questions and concerns.

Referrals include, but are not limited to:

- Transportation
- Home Healthcare Services
- Chore Services
- Nutrition Programs
- Housing Options
- Legal Assistance
- Caregiver Support
- Health Promotion Programs
- Long Term Care Options
- Adult Day Care Programs

LEGAL ASSISTANCE

Provides free legal advice and counseling on issues such as guardianship, power of attorney, age discrimination, entitlements, etc. to individuals age 60 and older and their caregivers. No fee-generating or criminal cases are handled.

Neighborhood Legal Services-Elder Law & Advocacy Center
313-937-8291

LONG TERM CARE OMBUDSMAN (TSA)

Provides assistance and advocacy for families and residents of nursing homes, homes for the aged and adult foster care homes. The Long Term Care Ombudsman assists residents in understanding rights, resolving concerns, and provides community education regarding long term care issues.

Statewide Phone Number
866-485-9393

MEDICARE/MEDICAID ASSISTANCE PROGRAM (TSA)

The Medicare Medicaid Assistance Program (MMAP) is Michigan's State Health Insurance Assistance Program (SHIP). MMAP volunteer counselors are trained and certified in Medicare and Medicaid Insurance Programs. Counselors provide education and free unbiased personalized health benefit information.

MMAP Hotline
800-803-7174

MI CHOICE WAIVER PROGRAM (TSA)

MI Choice Waiver is a Medicaid home and community-based long term care program for eligible individuals age 18 and older who meet financial and medical requirements.

Eligibility requirements include financial eligibility, medical need for a nursing facility level of care, and the need for at least one ongoing MI Choice Waiver service. Available services include personal care, respite care, homemaking, private duty nursing and many other services to support people in staying in their own homes.

Current individual income limit is \$2,199 per month and countable assets of \$2,000 or less (2015 figures).

See also Nursing Facility Transition

NURSING FACILITY TRANSITION SERVICES (TSA)

Nursing Facility Transition Services are available to residents of nursing facilities who would like to return to their own home, move in with family members, find an apartment, or choose another housing option. Supports and services, such as assistance with housing, may be available to those who meet functional and financial guidelines. *An individual must be eligible for Medicaid while in the nursing facility to be eligible for this program.*

SENIOR ALLIANCE HOLIDAY MEALS (TSA)

This program provides a hot meal to homebound individuals age 60 and older and adults with disabilities on Christmas Day, Thanksgiving, Easter, and on Labor Day. The Holiday Meals Program is supported primarily through private donations. Meals are delivered by volunteers.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (TSA)

Offers subsidized part-time training opportunities for low-income individuals age 55 and older to help them become job ready. Participants in the program are placed at different community sites and work/train an average of 15 hours a week.

TRANSPORTATION

Most communities have some form of public transportation for seniors and individuals with disabilities. Services are limited to the residents of each community. Contact TSA for additional community specific transportation options.

The Senior Alliance Transportation Program (TSA)

This program offers limited transportation for individuals age 60 and older and adults with disabilities who live in the TSA service area, and also for their caregivers.

The Senior Alliance cannot provide transportation on a continuous basis, but will fill urgent needs when no other options are available. There is no charge for the service, though donations are accepted.

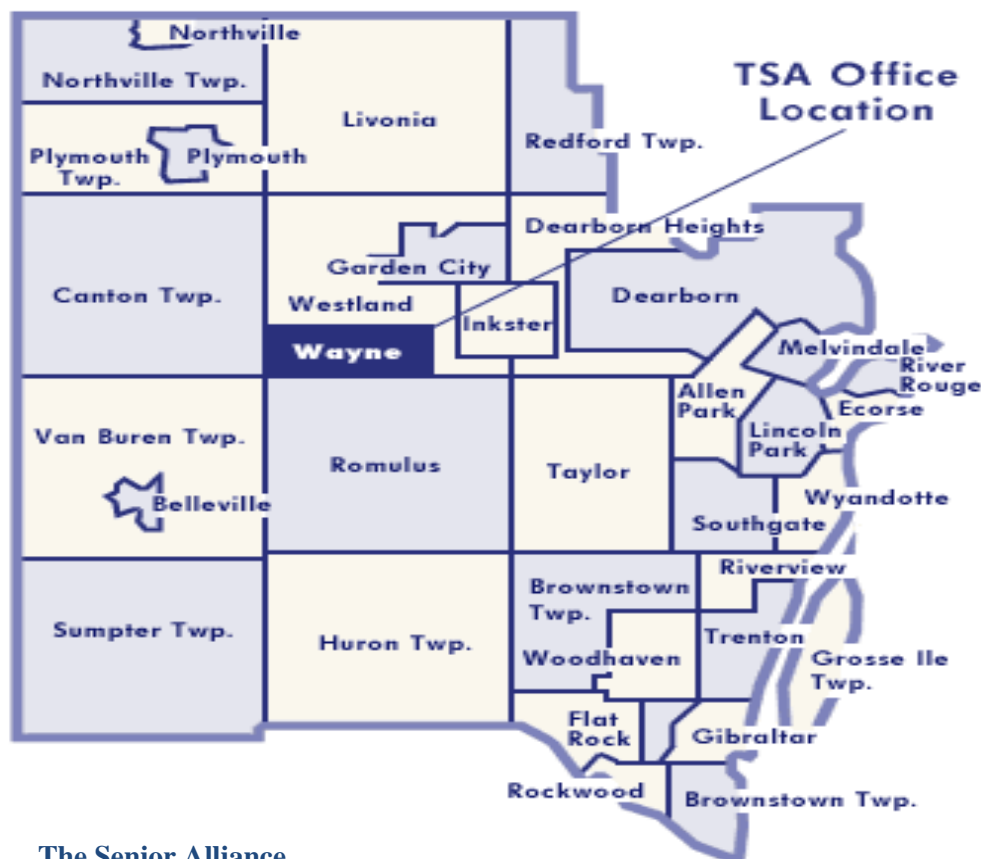
TSA PLANNING AND SERVICE AREA INFORMATION

Funding for agency services are provided by the Michigan Office of Services to the Aging, Michigan Department of Community Health, Veterans Administration, foundations and fundraising.

The agency is governed by a Board of Directors which receives recommendations on senior issues from an Advisory Council and Corporate Committee.

Each Area Agency on Aging (AAA) can offer information and assistance to older adults and individuals with disabilities specific to their region.

Information about AAA services nationwide can be obtained by calling the Eldercare Locator at 1-800-677-1116 or by visiting their website at www.eldercare.gov.



The Senior Alliance
Planning and Service Area



**Are you struggling
with Prescription
or Medicare
Premium costs?**

Let MMAP Be Your Guide

Prescription Assistance

You may qualify* for **Extra Help** in paying for your Medicare Prescription Drug Coverage (Part D) premium and lower your cost in co-pays for your medication.

Would you like to find out more?
Call your local area agency on aging to speak to a Medicare/
Medicaid Assistance Program
counselor.

1-800-803-7174

* Must meet eligibility requirements to participate

Medicare Savings Program

You may qualify* for the **Medicare Savings Program**.

The Medicare Savings Program helps you pay your Medicare Part B premium.



MMAP is a **free** counseling service providing you with the information you need to make informed health benefit decisions.



Free Confidential Support

MMAP is funded by a grant from the Michigan Office of Services to the Aging through funding received from the Centers of Medicare and Medicaid Services.