

# AGING IN PLACE

## Growing Older at Home



<https://www.nia.nih.gov/health/aging-place-growing-older-home>

# Common issues for older people

- You may share the often-heard wish — "I want to stay in my own home!" The good news is that with the right help you might be able to do just that. Staying in your own home as you get older is called "aging in place." This presentation contains suggestions to help you find the help you need to continue to live independently.

## Home Alone versus Group Environment



# Everyone has a different situation

- Planning ahead is hard because you never know how your needs might change. The first step is to think about the kinds of help you might want in the near future. Maybe you live alone, so there is no one living in your home who is available to help you. Maybe you don't need help right now, but you live with a spouse or family member who does.



- Property; Deeds; Warranties; Photographs; Documents; Deeds; Receipts; Warranties - Exterior; Interior; Furnishings; Appliances; Vehicles; Dishes; Flatware; Clothing; Jewelry; Tools; instruments; Pets; etc.

# One way to begin planning is to

- look at any illnesses, like diabetes or emphysema, that you or your spouse might have.
- Talk with your doctor about how these health problems could make it hard for someone to get around or take care of him- or herself in the future.
- If you're a caregiver for an older adult, learn how you can get them the support they need to stay in their own home.

Access your stress level – Do the math for your inventory and self assessment



# Area Agency on Aging – 313 446-4444

You can get almost any type of information on many senior services and help you want in your home from your local area agency on aging (based on the county you live in)

- Based on your income and health insurance some services often have a cost.



# Personal care



Is bathing, washing your hair, or dressing getting harder to do?



Perhaps a relative or friend could help.

Or, you could hire a trained aide for a short time each day.

# Neglect----- The failure to NOT provide:



Eating



Bathing



Dressing



Transferring



Toileting



Walking or  
moving around

- Food
- Shelter
- Clothing
- Medical
- Health cares services for yourself or
- Any elderly or vulnerable adult's inability to perform essential self-care of his/herself, due to physical or mental impairment or diminished capacity is considered Neglect... regardless of being accidental or intentional.

# Household chores

- Do you need help with chores like housecleaning, yard work, grocery shopping, or laundry?
- Some grocery stores and drug stores will take your order over the phone and bring the items to your home.
- There are cleaning and yard services you can hire, or maybe someone you know has a housekeeper or gardener to suggest.
- Some housekeepers will help with laundry. Some drycleaners will pick up and deliver your clothes.



# Meals

- Worried that you might not be eating nutritious meals or tired of eating alone?
- Sometimes you could share cooking with a friend or have a potluck dinner with a group of friends.
- Find out if meals are served at a nearby senior center or house of worship.
- Eating out may give you a chance to visit with others. Is it hard for you to get out?
- Ask someone to bring you a healthy meal a few times a week.
- Meal delivery programs bring hot meals into your home; some of these programs are free or low-cost.



# What's in Your Neighborhood – Dining?

| Restaurant                     | Location        | Type               | Phone         | Call for Delivery |
|--------------------------------|-----------------|--------------------|---------------|-------------------|
| Baker's Keyboard Lounge        | 20510 Livernois | Dine In, Take Out  | 313 345-6300  |                   |
| Bosco's Fish Seafood & Poultry | 16227 Livernois | Take Out           | 313 863-8675  |                   |
| Boston Market                  | 18610 Livernois | Dine In & Take Out | 313 341-0111  |                   |
| Bucharest                      | 19492 Livernois | Dine In & Take Out | 313 965-3111  |                   |
| China Wok                      | 18670 Livernois | Take Out           | 313 864-8899  |                   |
| Good Times                     | 19416 Livernois | Dine In            | 313 -739-6601 |                   |
| Greg's Pizza and Bar-B Que     | 17160 Livernois | Take Out           | 313 341-2400  |                   |
| Kuzzo's Chicken and Waffles    | 19345 Livernois | Dine In            | 313 861-0229  |                   |
| D & D Cuisine                  | 17521 Livernois | Take Out           | 313 367-2490  |                   |
| Little Caesar's Pizza          | 17200 Livernois | Take Out           | 313 862-6770  |                   |
| Livernois Fresh & Fish Seafood | 18280 Livernois | Take Out           | 313 863-7000  |                   |
| Nicky D's Coney Island         | 16953 Livernois | Dine In & Take Out | 313 864-1000  |                   |
| Noni's Sherwood Grill          | 19700 Livernois | Dine In & Take Out | 313 342-6000  |                   |
| U of D Coney Island            | 16126 Livernois | Dine In & Take Out | 313 862-0160  |                   |

\* For more listings check you UDCA membership information page.

# What's In your Neighborhood – Grocery?

- Savon 18000 Livernois at Curtis - Phone (313) 862-8700
- Mike's 19195 Livernois at Seven Mile - Phone (313) 345-4711
- Meijer 1301 Eight Mile near Woodward – Phone (313)369-5200



# Money management



Do you worry about paying bills late or not at all?

Are health insurance forms confusing? Maybe you can get help with these tasks. Ask a trusted relative to lend a hand.

Volunteers, financial counselors, or geriatric care managers can also help. Just make sure you get the referral from a trustworthy source, like your local Area Agency on Aging.

If you use a computer, you could pay your bills online.

Check with your bank about this option. Some people have regular bills, like utilities and rent or mortgage, paid automatically from their checking account.

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INSTITUTE OF GERONTOLOGY AT WAYNE TATE UNIVERSITY

87 East Ferry St.,  
Pauline Knapp Building  
Detroit, MI 48202

[\(313\) 664-2600](tel:3136642600)

- <https://www.olderadultnestegg.com/contact/>



# SAFE: Successful Aging thru Financial Empowerment

SAFE educates, coaches, protects and empowers older adults and caregivers who need help managing their finances. SAFE can help prevent fraud and identity theft, as well as assist in recovering identity and funds if you have been a victim.

[Watch a presentation by SAFE Director LaToya Hall, MSW, on scams and identity theft. Hosted by AARP.](#)

## Victims of Financial Scams or Identity Theft

SAFE helps resolve issues, build credit and recover funds through confidential one-on-one counseling.

## Older Adults Managing Money

SAFE counselors explain budgets, debt, savings and investments plus the latest information about scams and identity theft to empower you.

## SAFE's Counselors Can Help You:

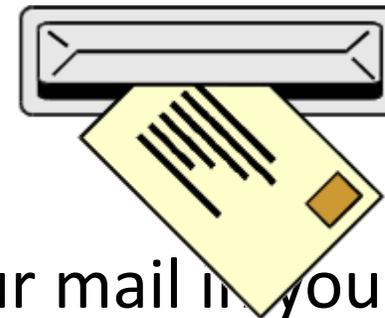
- 1. Report scams and identity theft to proper channels.
- 2. Pull and review credit reports.
- 3. Submit fraud complaints to close fraudulent accounts and remove negative items from credit reports breached by identity theft.
- 4. Negotiate payments or settlements with creditors.
- 5. Complete cost-of-living budgets.
- 6. Address consumer credit issues.
- 7. Understand financial communications from businesses, creditors, etc.
- 8. Add fraud alerts to the major credit bureaus.
- 9. Contact companies to sort out miscommunications or confusion about financial matters.
- 10. Draft financial plans and work toward financial goals.



# Be careful to avoid money scams.



- Never give your Social Security number, bank or credit card numbers, or other sensitive information to someone on the phone (unless you placed the call) or in response to an email.
- Always check all bills, including utility bills, for charges you do not recognize.



- Don't leave your mail in your mail slot for passer byers walk by and to take....



# Talking Point Alerts

- Skimmers at ATM (Automatic Teller Machines)
- Report Loss of Theft of ID and Drivers License immediately
- Sign your card – Signature versus Manuscript
- Pin safety – Don't write it on the card
- Magnetic protector sleeve – get them and use them
- Don't put your DL or state ID numbers on your printed checks

# Contact your Government agencies

Even though you might not need it now, think about giving someone you trust permission to discuss your bills with creditors or your Social Security or Medicare benefits with those agencies.

Social Security Administration:

800 772-1213

Medicare Medicaid Assistance Program

800 803-7174



# Learn more about legal and financial planning for older adults.



- Neighborhood Legal Services Michigan
- Wayne State University – Nest Egg
- SAFE -

<https://youtu.be/-vdSLy9tkxs>



# Health care.

- Do you forget to take your medicine?
- There are devices available to remind you when it is time for your next dose.
- Special pill boxes allow you or someone else to set out your pills for an entire week.



- Have you just gotten out of the hospital and still need nursing care at home for a short time?
- The hospital discharge planner can help you make arrangements, and Medicare might pay for a home health aide to come to your home.

# Physician Visits -

If you can't remember what the doctor told you to do, Ask them to write down everything you are supposed to do or, if you are by yourself, ask the doctor to put all recommendations in writing.



- Or try to have someone go to your doctor visits with you to help you recall what was said.



# Getting around – at home and in town



Are you having trouble walking? Perhaps a walker would help. If you need more, think about getting an electric chair or scooter.

These are sometimes covered by Medicare. Do you need someone to go with you to the doctor or shopping?



- Volunteer escort services may be available. If you are no longer driving a car, find out if there are free or [low-cost public transportation](#) and taxis in your area. Maybe a relative, friend, or neighbor would take you along when they go on errands or do yours for you.
- To learn about resources in your community, contact Eldercare Locator at **800-677-1116** (toll-free) or <https://eldercare.acl.gov>.



# DDOT

The Detroit Department of Transportation is the public transportation operator of city bus service in Detroit, Michigan. In existence since 1922, it has headquarters in the Midtown section of Detroit and is a municipal department of the city government.

- **Routes:** 43
- **Customer service:** (313) 933-1300 [detroitmi.gov](http://detroitmi.gov)
- **CEO:** [Dan Dirks](#) (Jan 15, 2014–)
- **Hubs:** Rosa Parks Transit Center; State Fairgrounds Transit Center
- **Founded:** 1922
- **Headquarters:** 1301 [East Warren Avenue](#)
- **Operator:** [City of Detroit](#)

## Customer Service

[Monday - Friday 6 a.m. - 6 p.m., \(313\) 933-1300, TDD/TTY 7-1-1](#)

[DDOTComments@Detroitmi.gov](mailto:DDOTComments@Detroitmi.gov)

DDOT Transit Police

[\(313\) 833-9836](tel:(313)833-9836)

Detroit Department of Transportation 100 Mack Ave. Detroit,  
MI 48201

DDOT LAC (Local Advisory Council)  
The purpose of the Local Advisory Council (LAC) is to serve as the foundation for assessing, planning and strengthening public transportation services in the community and to provide recommendations and input to local public transportation providers and other governing entities. Any person with a disability needs accommodations to participate in this meeting should contact DDOT Customer Service Office at 313-933-1300 at least 5 days in advance of the meeting for request assistance.

# Finding activities and friends.

- Are you bored staying at home?



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- Your local senior center offers a variety of activities. You might see friends there and meet new people too. Is it hard for you to leave your home?
- Maybe you would enjoy visits from someone. Volunteers are sometimes available to stop by or call once a week. They can just keep you company, or you can talk about any problems you are having.
- Call your local Area Agency on Aging to see if they are available near you.

# Safety concerns.

- Are you worried about crime in your neighborhood, physical abuse, or losing money as a result of a scam?



- If you live alone, are you afraid of becoming sick with no one around to help?
- You might want to get an emergency alert system.
  - You just push a special button that you wear, and emergency medical personnel are called. There is typically a monthly fee for this service.
- Talk to the staff at your local Area Agency on Aging.



# Housing concerns.



Would a few changes make your home easier and safer to live in? Think about things like a ramp at the front door, grab bars in the tub or shower, nonskid floors, more comfortable handles on doors or faucets, and better insulation.



Security Pole And Curve Grab Bar (Black)



Security Pole And Curve Grab Bar (White)



Curve Grab Bar



Economy Drop Down Safety Rail



Super Grip Handle



Suction Grab Bar

- Sound expensive? You might be able to get help paying for these changes. Check with your local Area Agency on Aging, state housing finance agency, welfare department, community development groups, or the federal government.

# Getting help during the day.

Do you need care but live with someone who can't stay with you during the day? For example, maybe they work.

- Adult day care outside the home is sometimes available for older people who need help caring for themselves. The day care center can pick you up and bring you home.



- If your caretaker needs to get away overnight, there are places that provide temporary respite care.

# Resources to help you age in place

- Here are some resources to start with:
- **Reach out to people you know**
- **Learn about community and local government resources**
- **Talk to geriatric care managers**
- **Look into Federal Government sources**
- **Contact your local area agency on aging office**
  - **Region 1A – Detroit Area Agency on Aging services:**
    - **Detroit**
    - **Hamtramck**
    - **Harper Woods**
    - **Highland Park**
    - **5 Grosse Pointes**

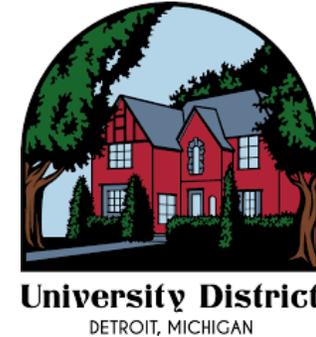
# Reaching Out to People You Know

- Family, friends, and neighbors are the biggest source of help for many older people. Talk with those close to you about the best way to get what you need.
- If you are physically able, think about trading services with a friend or neighbor.
- One could do the grocery shopping, and the other could cook dinner, for example.



# Learning About Community & Government Resources

- Learn about the services in your community. Health care providers and social workers may have suggestions.
- The local Area Agency on Aging, local and state offices on aging or social services, and your tribal organization may have lists of services.
- If you belong to a religious group, talk with the clergy, or check with its local office about any senior services they offer.



# Talking to Geriatric Care Managers

- These specially trained professionals can help find resources to make your daily life easier.
- They will work with you to form a long-term care plan and find the services you need.
- Geriatric care managers can be helpful when family members live far apart.
- Learn more about geriatric care managers.

The screenshot shows the AgingCare website interface. At the top, there is a teal navigation bar with the AgingCare logo, a search icon, and links for 'FIND CARE', 'FORUM', 'CARE TOPICS', and 'LOG IN'. Below the navigation bar, the page title is 'Geriatric Care Managers in Michigan'. A descriptive paragraph states: 'The AgingCare Geriatric Care Manager Directory is a useful tool to help family caregivers find professionals who can help coordinate care and advocate for their loved ones. There are more than 51 geriatric care managers in Michigan to choose from, and it is extremely important for families to work with reputable professionals whom they trust and respect.' Below this is a search bar with the text 'Find Geriatric Care Managers in City, ST' and a 'Go' button. Underneath the search bar, a section titled 'Michigan Geriatric Care Managers by City' lists various cities in Michigan in a grid format. On the right side of the page, there is a teal sidebar with the heading 'Find Care & Housing' and a list of care options: 'Assisted Living', 'Memory Care', 'Independent Living', and 'Home Care'. Below the list is a text input field for 'Your postal code or city' and a 'See My Results' button. At the bottom right, there is a profile card for 'Karen', a 'CARE ADVISOR', with a small photo and a message: 'Hi! I'm a senior care specialist trained to match you with the care option that is best for you.'

Find Care | Geriatric Care Managers

## Geriatric Care Managers in Michigan

The AgingCare Geriatric Care Manager Directory is a useful tool to help family caregivers find professionals who can help coordinate care and advocate for their loved ones. There are more than 51 geriatric care managers in Michigan to choose from, and it is extremely important for families to work with reputable professionals whom they trust and respect.

Find Geriatric Care Managers in City, ST

### Michigan Geriatric Care Managers by City

|                      |                       |                      |
|----------------------|-----------------------|----------------------|
| Ann Arbor, MI        | Frankenmuth, MI       | Rochester, MI        |
| Auburn Hills, MI     | Grand Rapids, MI      | Royal Oak, MI        |
| Bay City, MI         | Harrison Township, MI | Southfield, MI       |
| Bloomfield Hills, MI | Lansing, MI           | Sterling Heights, MI |
| Canton, MI           | Marquette, MI         | Traverse City, MI    |
| Farmington, MI       | Novi, MI              | West Bloomfield, MI  |
| Farmington Hills, MI | Okemos, MI            |                      |

### Find Care & Housing

- Assisted Living
- Memory Care
- Independent Living
- Home Care

Your postal code or city

 **Karen**  
CARE ADVISOR

Hi! I'm a senior care specialist trained to match you with the care option that is best for you.

# WHAT YOU NEED TO KNOW ABOUT **OUTDOOR DINING**



## DO

- 1 Leave at least three sides of the tent/canopy open
- 2 Allow single households of 6 or less in small enclosed tents/igloos
- 3 Get approval for tents larger than 10x10
- 4 Get approval for ALL heating elements
- 5 Get a winter permit before using an outdoor winter dining space  
*Current permits expire 11/30*



## DON'T

- 1 Fully OR partially enclose more than one side of a tent/canopy
- 2 Allow any indoor dining
- 3 Allow customers from different households to sit within 6 feet of each other



### CONTACT

- [DETROITMEANSBUSINESS.ORG](http://DETROITMEANSBUSINESS.ORG)
- 844-333-8249
- GET A WINTER PERMIT: [TINY.CC/VV25TZ](http://TINY.CC/VV25TZ)

# COVID-19

## COVID -19 Community Resource Guide for Southeast Michigan



EVERYONE.  
EVERYWHERE.  
EQUAL VALUE.

Community  
Foundation  
FOR SOUTHEAST MICHIGAN



# Looking into Federal & Municipal Government Resources

- The federal government offers many resources for seniors.



- [Longtermcare.gov](http://Longtermcare.gov), from the Administration for Community Living, is a good place to start.

- To reach a local ombudsman  
Call: **1-866-485-9393**
- [Send us an email](#)
- State LTC Ombudsman
- Phone: (517) 827-8040  
Fax: (517) 574-5301
- Mailing Address:  
15851 S. US 27, Suite 73  
Lansing. MI 48906

# How much will it cost to age in place?

- An important part of planning is thinking about how you are going to pay for the help you need.
- Some things you want may cost a lot. Others may be free. Some might be covered by Medicare or other health insurance. Some may not.



- Check with your insurance provider(s). It's possible that paying for a few services out of pocket could cost less than moving into an independent living, assisted living, or long-term care facility.
- And you will have your wish of still living on your own.

# Resources like

- [Benefits.gov](https://www.benefits.gov) and [BenefitsCheckUp](https://www.benefitscheckup.com)® can help you find out about possible benefits you might qualify for.
- Are you eligible for benefits from the U.S. Department of Veterans Affairs (VA)?
- The VA sometimes provides medical care in your home. In some areas, they offer homemaker/ home health aide services, adult day health care, and hospice.
- To learn more, visit [www.va.gov](https://www.va.gov), call the VA Health Care Benefits number, **877-222-8387** (toll-free), or contact the VA medical center nearest you.



# For more information on aging in place

- **Eldercare Locator**  
800-677-1116 (toll-free)  
[eldercarelocator@n4a.org](mailto:eldercarelocator@n4a.org)  
<https://eldercare.acl.gov>
- **Centers for Medicare & Medicaid Services**  
800-633-4227 (toll-free)  
877-486-2048 (TTY/toll-free)  
<https://www.cms.gov/>  
[www.medicare.gov](http://www.medicare.gov)
- **National Association of Area Agencies on Aging**  
202-872-0888  
[info@n4a.org](mailto:info@n4a.org)  
[www.n4a.org](http://www.n4a.org)
- **Department of Housing and Urban Development**  
202-708-1112  
202-708-1455 (TTY)  
<https://www.hud.gov/>
- **Low Income Home Energy Assistance Program**  
National Energy Assistance Referral Hotline (NEAR)  
866-674-6327 (toll-free)  
[energyassistance@ncat.org](mailto:energyassistance@ncat.org)  
<https://liheapch.acf.hhs.gov/help>
- **National Resource Center on Supportive Housing and Home Modifications**  
213-740-1364  
[homemods@usc.edu](mailto:homemods@usc.edu)  
[www.homemods.org](http://www.homemods.org)



Serving Detroit, Hamtramck, Harper Woods,  
Highland Park & The 5 Grosse Pointes

<https://www.nia.nih.gov/health/aging-place-growing-older-home>

## Related Articles



[Doctor's Appointments: Tips for Caregivers](#)



[Providing Care and Comfort at the End of Life](#)



[Holiday Hints for Alzheimer's Caregivers](#)

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