

What are Area Agencies on Aging?

Area Agencies on Aging (AAA) promote healthy aging, dignity and independence. Designated by federal statute (the Older American's Act), AAAs are **Planners and Developers of a Coordinated System of Services and Supports** to meet the needs of an aging population. As mandated by the Older American's Act, AAAs serve as a convener of local, state, federal and private resources to identify and meet the needs of Michigan's older adults and persons with disabilities.

AAA's are the **experts in aging and long-term care** for the state of Michigan. The sixteen AAA's, serving all 83 Michigan counties, offer a full array of home & community-based services. Capitalizing on established partnerships with more than 1300 service providers across the state, **AAAs work to ensure Michigan's older adults and persons with disability can live with dignity and independence in the setting of their choice.**

What are the primary programs provided by the AAA network?

MI Choice Waiver Program: Provides a wide range of home & community-based services for nursing-home eligible adults age 18+ coordinated by a care manager to ensure participants remain independent and safe in their own home. A 2019 study showed 75% of seniors desire to age in place. MI Choice Waiver services can **cost 60% less than a nursing home** over the course of a year. MI Choice plays a significant role in the long-term managed-care setting.

Home Delivered Meals: In addition to filling a basic human need by delivering healthy, well-balanced meals to older adults who may not be able to prepare meals for themselves, the program also helps combat social isolation by connecting the recipient with a friendly, caring and trained individual. **In 2020, 9.6 million meals were delivered** to homes.

Caregiver Programs: Currently, **one in every five Americans is a family caregiver**. While caregivers provide critical support for family, friends and neighbors, research suggests that the physical and emotional demands of caregiving can be detrimental. Early intervention utilizing caregiver support programming and establishing a toolbox of resources may assist caregivers in identifying ways to reduce their stress and make healthier lifestyle choices.

Information & Assistance: Information and Assistance specialists provide information to older adults and persons with disabilities regarding community resources and supports. Staff provide information on housing options, eligibility and availability of government funded long term care programs, transportation, nutrition programs and caregiver support resources and more. In 2020, nearly **135,000 hours of assistance was provided** to clients connecting them to community supports and services.

Other services include: care transitions, care coordination, congregate meals, housing assistance, respite care, evidenced-based wellness programs, transportation, chore services, volunteer programs, Medicare/Medicaid counseling & more.



Region 1-A DETROIT AREA AGENCY ON AGING, 313.446.4444

Serving cities of Detroit, the Grosse Pointes, Hamtramck, Harper Woods, Highland Park

Region 1-B AREA AGENCY ON AGING 1-B, 248.357.2255

Serving Livingston, Macomb, Monroe, Oakland, St. Clair, Washtenaw

Region 1-C THE SENIOR ALLIANCE, INC., 734.722.2830

Serving all of Wayne County, excluding areas served by Region 1-A

REGION 2 AREA AGENCY ON AGING, 517.592-1974, serving Hillsdale, Jackson, Lenawee

Region 3-A REGION 3-A AREA AGENCY ON AGING, 269.373.5147

Serving Kalamazoo County

Region 3-B CAREWELL SERVICES SOUTHWEST, 269.966.2450

Serving Barry, Calhoun Counties

Region 3-C BRANCH/ST. JOSEPH AREA AGENCY ON AGING III-C, 517.278.2538

Serving Branch, St. Joseph Counties

Region 4 REGION IV AREA AGENCY ON AGING, INC., 269.983.0177

Serving Berrien, Cass, Van Buren Counties

Region 5 VALLEY AREA AGENCY ON AGING, 810.239.7671

Serving Genesee, Lapeer, Shiawassee Counties

Region 6 TRI-COUNTY OFFICE ON AGING, 517.887.1440

Serving Clinton, Eaton, Ingham Counties

Region 7 REGION VII AREA AGENCY ON AGING, 989.893.4506

Serving Bay, Clare, Gladwin, Gratiot, Huron, Isabella, Midland, Saginaw, Sanilac, Tuscola

Region 8 AREA AGENCY ON AGING OF WESTERN MICHIGAN, INC., 616.456.5664

Serving Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newago, Osceola Counties

Region 9 REGION IX AREA AGENCY ON AGING, 989.356.3474

Serving Alcona, Alpena, Arenac, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Presque Isle, Roscommon Counties

Region 10 AREA AGENCY ON AGING OF NORTHWEST MI, INC., 231.947.8920

Serving Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, Wexford Counties

Region 11 UPCAP AREA AGENCY ON AGING, 906.786.4701

Serving Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Menominee, Ontonagon, Schoolcraft Counties

Region 14 SENIOR RESOURCES, 231.739.5858

Serving Muskegon, Oceana, Ottawa Counties