

Nurturing Yourself and the Resources Offered by the Area Agency on Aging 1- B

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with the Area Agency on Aging 1-B



What is AAA 1-B?



- Provides access to local programs and resources for older adults and caregivers, including government-funded care programs
- Local delivery/administration of federal/state funding allocated for seniors
- Designated by the Older Americans Act of 1965
- Part of national network — AAA everywhere you go in the country
- One of 16 Area Agencies in Michigan and 600 in the nation
- We serve Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties

Our Services



Free Senior Telephone Help and Referral Line

Telephone line answered by experts

Determine if you qualify for our programs or refer you to other local programs, organizations or companies that can help answer questions on housing, transportation, benefits, food/utility assistance—or any other senior needs

Government programs that provide in home care

Geared toward low-income (have to qualify financially)

Medicare/Medicaid Assistance Program

Free and unbiased help and guidance

Funding for locally run programs

Meals on Wheels, Adult Day programs, grandparents raising grandchildren

Health and Wellness Programs for Seniors

Fall prevention, diabetes management, chronic pain management

Support for Caregivers

Solutions for Family Caregivers Expo, Powerful Tools for Caregivers Classes, Caregiving Connections digital newsletter

Other Area Agencies on Aging in SE Michigan



Detroit Area Agency on Aging 1-A

- Serves City of Detroit, Hamtramck, Highland Park, Grosse Pointe area and Harper Woods
- (313) 446-4444

The Senior Alliance

- Serves all of Wayne County excluding those communities served by Detroit Area Agency on Aging
- (800) 815-1112

What We Know About Grief



- Grief comes and goes, often washing over us at inopportune times
- Grief is a result of loss and often can be felt before death by both caregivers and care receivers
- Loss can come in the form of money, time, autonomy, roles, and dreams
- Take the steps you can take to feel more “in control” of the situation
 - Seek support from others
 - End-of-life planning, Hospice Care, Grief Therapy through ceremonies and rituals
 - Acknowledging losses as they occur, validating feelings that surround them, and planning for the future can help to prevent confusion, heartache, and legal and financial hassles associated with grief

What Can I Do Now?



- Take a class or utilize one or ALL of our caregiver programs and resources - <https://aaa1b.org/caregiver-resources/>
 - Powerful Tools for Caregivers (*Call AAA 1-B for list: 800-852-7795*)
 - Class focused on helping caregivers cope and practice self-care
 - Held at community venues throughout 6-county region
 - Meets 1x/week for 6 weeks
 - Built on evidence-based model and taught by people who have walked in your shoes
- Find a support group
 - List on aaa1b.org
- Find regular respite care to make some time for you
- Find time to do something for YOU every day
- Have realistic expectations and be kind to yourself



Answers you can trust



By Phone: 800-852-7795

Toll-free telephone help line for seniors, adults with disabilities and family caregivers



Online: www.aaa1b.org

Information on our services, caregiver support groups, adult day care, sign up for our digital newsletter just for family caregivers