



Managing Memory Loss

A guide to community resources for people
with memory loss in Saginaw County

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An Introduction to Memory Loss

People tend to use the terms “**Dementia**” and “**Alzheimer’s**” interchangeably. However, these two terms do NOT have the same meaning. “**Dementia**” is a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Dementia is caused by various diseases and conditions that result in damaged brain cells. Dementia is not a disease. Dementia is a set of symptoms that result in a disorder of the brain. Dementia is not a diagnosis.

“**Alzheimer’s**” is a serious brain disorder that impacts daily living through memory loss and cognitive changes. Alzheimer’s is a degenerative disorder, progressing from mild forgetfulness to widespread neurological impairment and ultimately death. Chemical and structural changes in the brain gradually destroy the ability to create, remember, learn, reason, and relate to others. As critical brain cells die, drastic personality loss occurs and body systems fail.

Alzheimer’s is the most common form of dementia. Alzheimer’s disease accounts for 60 to 70% of all cases of dementia. There are more than 80 medical disorders that can cause dementia. Some of these causes are reversible and others are not. Other forms of dementia include: Mild cognitive impairment (MCI), Vascular Dementia, Mixed Dementia, Dementia with Lewy Bodies, Parkinson’s Disease, Frontotemporal Dementia, Creutzfeldt-Jakob Disease (CJD), Normal Pressure Hydrocephalus, Huntington’s Disease, and Wernicke-Korsakoff Syndrome.

Memory loss is a common symptom of dementia. Although not all memory loss indicates dementia and/or Alzheimer’s. For most people, recognition of memory problems in themselves or a loved one brings fear of Alzheimer’s. Age related brain shrinkage does produce normal changes in processing speed, attention, and short term memory, creating so-called “senior moments.” Understanding significance begins with knowing what is “normal.”

Normal Aging	Dementia Symptoms
Can’t find your car keys	Routinely place important items in odd places
Search for casual names & words	Forget names of family and common objects
Forget to write down a check	Can no longer manage a checkbook
Cancel a date with friends	Withdraw from usual interests

Significant cognitive and memory losses are **not** symptoms of normal aging. Most people over the age of 65 experience a level of forgetfulness that is merely inconvenient.

Research shows that Alzheimer's disease causes more worry than any other condition for Americans over the age of 55. According to the Alzheimer's Association, there are

Ten Warning Signs of Alzheimer's:

Memory loss	Difficulty performing familiar tasks
Problems with language	Disorientation to time and place
Poor or decreased judgment	Problems with abstract thinking
Misplacing things	Changes in mood or behavior
Changes in personality	Loss of initiative

Staggering Statistics

- Michigan has seen a 96% increase in deaths from Alzheimer's since 2000.
- Almost 2/3 of those with Alzheimer's disease (3.3 million) are women.
- Alzheimer's kills more people than breast and prostate cancers combined.
- 26 million people worldwide have some form of dementia.
- Among all those living with Alzheimer's, only about half have been diagnosed.
- Of those diagnosed, only about half are aware of the diagnosis.
- Every 66 seconds, someone in America develops Alzheimer's. By 2050, this number climbs to every 33 seconds!
- Alzheimer's is the 5th leading cause of death for Americans aged 65+.
- Alzheimer's is the only cause of death among the top 10 in America that cannot be prevented, cured, or even slowed down.
- 70% of people with Alzheimer's are living in their own homes.
- In 2016, the cost to care for those with Alzheimer's is estimated to be \$236 billion. Unless something is done, that will rise to \$1.1 trillion by 2050.
- Nearly 1 in every 3 seniors who dies has Alzheimer's or another Dementia.

For more information, view the **2016 Alzheimer's Disease Facts and Figures report at: www.alz.org/facts

Adult Day Care

Adult Day Care (ADC) allows caregivers to continue working outside the home, receive help with the physical care of a loved one, avoid the guilt of placing a loved one in an institution, and have respite from what is often a 24/7 responsibility. The care receiver also benefits from adult day care. He or she is able to remain at home with family, but does not require 24-hour care from the primary caregiver. ADC participants also have an opportunity to interact socially with peers and to share in stimulating & enriching activities.

A typical day at an ADC center could include: supervised care; small group or individual activities such as reminiscence, sensory stimulation, music and art, nutritious meals, personal care, and even transportation. It is highly recommended that you do your research. Visit the center. Some centers are dementia specific, which means that they provide services exclusively to that population; while other centers serve a broader population.

Bickford Cottage of Saginaw Township	(989) 799-9600
Community Village	(989) 792-5442
Edgewood Assisted Living Center	(989) 497-9970
Golden Horizons Adult Day Care Center	(989) 892-6644
Guardian Angel Respite & Day Services	(989) 753-0824
Seasons Adult Day Services	(989) 633-3708

Available funding: At present, Medicare does not cover ADC costs. The **Medicaid Waiver** program has the ability to cover ADC costs. Veterans should contact their local **VA Hospital (989-497-2500)**, as those with a service connection may be eligible for funding. Some of the ADC's in our area offer need-based scholarships. Others may offer a sliding-scale fee based on income. Individuals with long-term care insurance may also have an ADC benefit available to them.

Adult Foster Care Homes

Adult Foster Care (AFC) homes offer 24-hour personal care, protection, and supervision for individuals who cannot live alone but who do not need continuous nursing care. AFC homes are residential facilities which offer room and board, supervision, assistance with personal care, meal preparation, toileting, and medications. There are AFC homes that exclusively care for individuals with memory loss. Other homes provide general assistance for any adult needing assistance.

It is important to remember that most AFC homes are privately owned and operated. In order to ensure that certain standards are followed, AFC homes are licensed and regulated by the Michigan Department of Consumer and Industry Services. There are over 100 licensed AFC homes in Saginaw County.

If you are interested in more information about AFC homes contact:

Michigan Department of Licensing & Regulatory Affairs

525 West Ottawa

P.O. Box 30004

Lansing, MI 48909

(517) 373-1820 www.cis.state.mi.us

-or-

Region VII Area Agency on Aging

Ask to speak to the “Housing Coordinator”

(800) 858-1637

*Adult Foster Care **complaints** may be made to the **licensing agent** by calling 1-866-856-0126.

Dementia Care Homes

These facilities, often called “Memory Homes” specialize in the care of individuals with Alzheimer’s disease and related Dementias. They are often the perfect solution for families seeking a safe, supervised and caring environment for their loved one with memory loss. Trained professionals assist residents 24 hours a day with their activities of daily living, meals, and social activities.

Generally these homes are paid for “out of pocket.” However, some Long Term Care policies, the Medicaid Waiver program and/or VA Aid and Attendance may help to pay some of the expense.

Bavarian Comfort Care	(989) 777-7776
Bickford Cottage	(989) 799-9600
Brookdale Saginaw	(989) 249-7500
Community Village	(989) 792-5442
Covenant Glenn of Frankenmuth	(989) 262-8340
Edgewood Assisted Living	(989) 497-9970
Meadow View Memory Care	(989) 497-7800
New Hope Valley Memory Care Community	(989) 498-4000
Shields Comfort Care	(989)-607-0003
Union Court Assisted Living	(989) 865-8100

Diagnosis and Treatment

Just like the rest of our bodies, our brains change as we age. Most of us eventually notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work may be a sign that brain cells are failing. The most common symptom of Alzheimer's Disease is difficulty remembering new information. This is because the disruption of brain cells usually begins in regions involved in learning. As damage spreads throughout the brain, individuals experience other difficulties such as disorientation, mood and behavior changes, confusion, suspicions, difficulty with speech, walking, and swallowing.

Saying that someone *has* dementia does not offer a reason as to *why* they have these symptoms. Early diagnosis, and, more importantly, proper diagnosis is imperative to treatment. There is no single test to determine whether memory loss is Alzheimer's disease. A skilled general practitioner, neurologist, or geriatrician can make a reasonable diagnosis by excluding other causes of the symptoms. Certain conditions can cause reversible dementias, sometimes called "pseudo dementias". Examples include: medication interactions, renal or liver failure, depression, stress, vision or hearing loss, vitamin deficiencies, thyroid problems, and infections (UTI).

Once all other possibilities are ruled out, your doctor will begin the diagnosis by gathering the family history, a physical examination, neurological examination, cognitive testing, brain scans, laboratory tests, and a psychiatric evaluation. Proper diagnosis has become more accurate and specialists are able to analyze the large amount of data collected and determine if there is a problem, the severity, and the cause. Ninety percent of what we know about Alzheimer's has been discovered in the last 15 years.

Although there is no cure, Alzheimer's medications can temporarily slow the worsening of symptoms and improve quality of life for those with Alzheimer's and their loved ones. The Food and Drug Administration (FDA) has approved four medications to treat the symptoms of Alzheimer's: Aricept, Razadyne, Namenda, and Exelon. There is worldwide effort to find better treatments, delay its onset, and even prevent it all together.

Durable Medical Equipment

Durable Medical Equipment (DME) is any medical equipment used in the home to aid in a better quality of living. It is a benefit included in most insurance. Medicare part B (medical insurance) covers DME that your doctor prescribes for you.

In certain instances, the following items may be covered by Medicare part B:

Blood sugar monitors	Canes	Bedside commodes
Hospital beds	Nebulizers	Walkers
Prosthetic devices	Wheel chairs	Oxygen

The most commonly needed DME is bathroom safety equipment such as shower chairs, hand held showers, high rise toilet seats, and grab bars. Unfortunately, NONE of these items are covered under Medicare part B, and are obtained strictly as a private pay item. The following companies are available to provide DME to you under your insurance and/or out-of-pocket. Each company listed can check your insurance coverage and tell you what items are, and are not covered.

Airway Oxygen	(989) 753-8357
American Medical Supplies	(989) 753-5090
Amigo Mobility	(989) 777-0910
Apria Healthcare	(989) 752-0141
H Care	(989) 791-9490
Healthcare Solutions	(989) 791-4425
Lincare	(989) 792-0301
Pro-Air Medical Supply and Equipment	(844) 445-1122
RT Care	(989) 790-8005
Saginaw Medical Supply	(989) 793-6000
Sheldon Medical Supply	(800) 922-5101
VNA Home Medical Equipment	(989) 799-6020
Wright & Filippis	(989) 799-7360

Homes for the Aged

Homes for the Aged (HFA) are facilities with at least 21 residents, offering room and board, supervision and personal care to people over the age of 60 who need assistance but do not require continuous nursing care. These facilities must be licensed by the state of Michigan. Generally, these facilities are paid for “out of pocket”. However, some long term care policies, VA programs, and/or Medicaid programs may cover some of the expense.

Bavarian Comfort Care	(989) 777-7776
Bickford Cottage of Saginaw Township	(989) 799-9600
Community Village	(989) 792-5442
Covenant Glen of Frankenmuth	(989) 262-8340
Edgewood Assisted Living Center	(989) 497-9970
Heartland Saginaw	(989) 777-5110
New Hope Valley	(989) 498-4000
Saginaw Geriatrics Home	(989) 793-3471
Shields Comfort Care	(989) 607-0003
Union Court Assisted Living	(989) 865-8100
Wellspring Lutheran Services Saginaw	(989) 792-7979

To review Homes For the Aged, go to:

www.michigan.gov/dhs

Then go to “*Doing business with DHS*”

Then go to “*Licensing*”

Then go to “*Online Look ups*” and click on “*Search for Adult Foster Care and Homes For the Aged facilities*”

You will then see the licensed facilities in the area or zip code of your choice.

***Home for the Aged complaints** may be made to the licensing agent by calling **1-866-856-0126**.

Hospice

Hospice is a special kind of care designed for someone with a terminal illness. Hospice care lets people continue to live alert, pain-controlled lives so that they can maintain their dignity and spend their last days in comfort. To be eligible for hospice care, the patient must have a life-limiting illness, be aware of the prognosis, and choose hospice as the desired plan of care. The primary services provided by hospice are: medical care, medical equipment and supplies, medications to control the pain and other symptoms of the life limiting illness, limited in patient care (both acute care & respite care), in home visits by hospice staff, consulting physicians, volunteers, and bereavement services.

Hospice care is provided wherever the person lives. Most hospice patients will receive care in their own home; however hospice is available wherever the person resides. Medicare is the primary source of payment for hospice care. In 2008, 6% of all people admitted to hospice programs in the U.S. had a primary diagnosis of Alzheimer’s disease. An additional 11% had a primary diagnosis of non-Alzheimer’s dementia.

American Hospice	(989) 791-4575
First State Hospice Care	(989) 771-2100
Grace Hospice	(989) 686-9866
Heartland Hospice	(800) 275-4517
Compassus Hospice & Palliative Care	(989) 414-2103
Hospice of Michigan	(888) 247-5705
McLaren Homecare Group & Hospice	(989) 667-2322
MidMichigan Homecare/Hospice	(800) 862-5002
Southern Care Hospice	(866) 508-8553
VNA Hospice	(800) 862-4968
Wellspring Lutheran Services Hospice of Hope	(800) 645-4421
Hometown Home Health & Hospice	(810) 245-3300

When managing a terminal illness at home just isn’t possible, a “**Hospice Home**” provides the next best option – a compassionate home away from home with 24 hour Hospice care. In our area, there are currently three facilities:

Brian’s House (Compassus)	(989) 414-2103
James E. Cartwright Care Center	(800) VNA-4YOU
Toni & Trish House	(989) 662-6400

In Home Care (Private Duty)

It may not come as much of a shock that nearly 90% of people over the age of 65 want to remain living in their own homes for as long as possible, according to a survey by AARP. It is believed that 70% of people with Dementia are living in their own homes. As the disease progresses, they will gradually require assistance with their activities of daily living in order to remain safely in their homes. In home caregivers can assist with daily tasks such as personal care, dressing and grooming, toileting, meal preparation, medication reminders, laundry, housekeeping, shopping, errands, and transportation.

Whether you are looking for care to come in for a couple hours a day, or a caregiver who will provide 24 hour care, we strongly urge you to do your research, interview each and every person, and always check references.

A & D Home Health Care	(989) 249-0929
Almost Heaven	(989) 662-7651
At Home Care for You, LLC	(877) 570-5679
Comfort Keepers	(989) 684-8448
ComForCare Senior Services	(989) 752-5501
Compassionate Care Home Health Services	(989) 792-5400
First State Private Duty, Inc.	(989) 771-2100
Friends Who Care	(800) 804-6510
Great Lakes Home Care Unlimited	(989) 486-8283
Heartland Home Health	(989) 667-8881
In Your Golden Years	(989) 892-7572
Primary Home Care	(989) 793-6674
Right at Home	(989) 486-9557
Seniors Helping Seniors	(989) 401-4527
Visiting Angels Living Assistance Services	(989) 652-6435
Wellspring Lutheran Services	(800) 645-4421

Sample questions to ask when hiring a caregiver:

- Cost? Minimum number of hours required? Free consultation?
- What duties can a worker do for me? What can't they do?
- Who monitors the worker? What if I am unhappy with the worker?
- Can I cancel at any time? Is there a contract?
- What if the worker is hurt on the job, who is responsible?
- Does the worker have a background check done? Insured? Bonded?
- What training does the worker have? CPR? First Aid?
- Who pays the taxes?

Legal Planning

Legal planning should take place as soon as possible. An attorney who specializes in elder care law can explain issues related to Durable Power of Attorney for Health Care and Finances, Guardianships, Conservatorships, Wills, Trusts, and Estate Planning. The following attorneys specialize in Elder Law:

Geraldine Anne Brown	(989) 791-8181
Chalgian & Tripp Law Offices, PLLC	(989) 423-1200
Fisher-Smith and Bovill, P.C.	(989) 792-9641
Norman S. Harrison	(989) 790-7177
Mahlberg, Brandt, Gilbert, & Thomas	(989) 799-2111
Walter Martin, Jr.	(989) 793-2525
Swartz and Wilson, P.L.C.	(989) 793-7000
Douglas Taylor	(989) 799-2545
Carol M. Thomas	(989) 793-2300
Zolton Law Offices	(989) 792-1111

Lakeshore Legal Aid 1-(989) 673-5651

Offers free legal help to seniors age 60 and over. Appointments are held at the Commission on Aging twice a month. Assistance includes: Guardianships and Conservatorships; Power of Attorney for Health Care documents, Wills, Deeds, Social Security, Medicare, Medicaid, & SSI issues; Housing and Landlord / Tenant matters; Consumer fraud and scams; as well as Debtor/creditor problems. Call to schedule an appointment.

Free legal advice: To speak to an attorney *immediately* call the **Council and Advocacy Law line** at: 1 (888) 783-8190.

MI Choice

Medicaid Home and Community Based Waiver

The waiver program is a long term care program that provides an array of home-based services for people 18 years of age and older who are medically eligible for nursing home care. It is designed to help frail elderly and disabled persons avoid unnecessary or premature nursing home care and to support family and private caregivers. *This does not include ongoing 24-hour care nor does it replace informal support.* This is a supplement to family, friends, neighbors, and other caregivers that make up the informal support system. The waiver team, a Registered Nurse and a Licensed Social Worker, conducts a comprehensive assessment, develops a plan of care and arranges for appropriate supportive services to be put in place. The team regularly monitors the person's needs.

Waiver participants must be aged (65 or older), or 18 and older and disabled. Through this program, eligible adults who meet income and asset criteria can receive Medicaid covered services like those provided by nursing homes, but can stay in their own home or another residential setting. They can receive the basic services that Michigan Medicaid covers, and one or more of the following services unique to the waiver:

Adult Daycare

Counseling Services

Homemaker

Out of Home Respite Care

Personal Emergency Response System

Environmental Accessibility Adaptations

Medical Equipment and Supplies

Chore Services

Home Delivered Meals

In Home Respite Care

Personal Care

Private Duty Nursing

Non-Medical Specialized

Transportation

There are two sites in Saginaw County who administer this program.

Please call for more information, or to place a referral:

A & D Home Health Care, Inc.

3150 Enterprise Drive

Saginaw, MI 48603

1-800-884-3335

www.a-dhomecare.com

Region VII Area Agency on Aging

1615 South Euclid Avenue

Bay City, MI 48706

1-800-858-1637

www.region7aaa.org

Miscellaneous Community Resources

Adult Protective Services (APS) – Centralized intake in Michigan, to report abuse, neglect, or exploitation of an adult. Call toll free 1(855)444-3911

A.G.E.S. – Ambulatory Geriatric Evaluation Services –comprehensive assessment and consultation service by a Dr, nurse, social worker, physical therapist, and dietician. For more information call 1(866) 410-AGES

Alzheimer’s Association 24/7 Helpline- 1(800) 272-3900

Alzheimer’s Store- 1(800) 752-3238 or visit www.alzstore.com

Comfort Zone – web based application that includes a location-based mapping service which allows families to monitor their loved one’s location. Available through the Alzheimer’s Association, call 1(800) 272-3900 for more information.

Driver’s License Recall- To report a person of any age who cannot drive safely, fill out Form #OC88 at any Secretary of State office.

Hair On The Go- Hairdresser comes to you! Call Connie at (989) 798-2113

Hospital Hospitality House- A non-profit organization providing out-of-town families and patients receiving medical services in area hospitals with a home away from home. Both Covenant and St Mary’s have homes. Check with the hospital that you are working with for more information.

Michigan Hospice and Palliative Care Organization- An advocacy group for hospice & palliative care in Michigan. Call 1(800) 536-6300 or visit www.mihospice.org

MMAP (Medicare/Medicaid Assistance Program)- free service that can help you make health benefit decisions. Call toll free 1(800) 803-7074

“Safe Return”- A nationwide program that provides 24/7 assistance to a person who becomes lost. Available through the Alzheimer’s Association, call 1(800) 272-3900 for information.

Senior I.D. Kit- A free kit, for people who have memory loss by the Michigan State Police. Consists of a CD including digital finger prints, photo, voice recording, medication list, emergency contacts, and Doctors. Call (989)495-5561

Program for All Inclusive Care for the Elderly (PACE)- Manages medical, social, and long term care services for frail people to remain in their homes. There are financial and physical criteria for this program. Find out more information at www.pace4you.org or call **Great Lakes PACE** at (989) 272-7610

Miscellaneous continued

Books

Alzheimer's Activities

Alzheimer's and Dementia: Questions you have...Answers you need

Alzheimer's Basic Caregiving – An ABC Guide

Alzheimer's from the Inside Out

Caring for Yourself While Caring for Your Aging Parents: How to Help & Survive

Coach Broyles' Playbook for Alzheimer's Caregivers

Creating Moments of Joy

Grandpa Doesn't Know It's Me

He Used to be Somebody

I'm Still Here

Learning To Speak Alzheimer's

Mayo Clinic on Alzheimer's Disease

Measure of the Heart: A Father's Alzheimer's, A Daughter's Return

Still Alice

Stranger in the Mirror

The 36 Hour Day

The Comfort of Home for Alzheimer's Disease: A Guide for Caregivers

Understanding Difficult Behaviors

Waiting for the Morning: A Mother and Daughter's Journey through Alzheimer's Disease

What's Happening to Grandpa?

When It Gets Dark

Helpful Websites

www.aoa.org

www.alzforum.org

www.alzheimersdisease.com

www.caregiver.org

www.dementiacarecentral.com

www.everydayhealth.com

www.johnshopkinshealthalerts.com

www.mayoclinic.org/disease-alzheimers

www.projectlifesaver.org

www.thefamilycaregiver.org

www.alz.org

www.alzfdn.org

www.alzstore.com

www.communityresourcefinder.org

www.ethnicelderscare.net

www.fpanet.org

www.kindreminder.com

www.nia.nih.gov/alzheimers

www.saginawlibrary.org

www.TeepaSnow.com

Movies

A Song For Martin (2001)

Alive Inside

The Forgetting: PBS Video (2004)

Still Alice (2014)

The Alzheimer's Project (HBO)

Aurora Borealis (2006)

Away From Her (2007)

I'll Be Me

The Notebook (2004)

There's a Bridge

Personal Emergency Response Systems

When you experience a fall, medical issue, or other emergency, every second counts! If you are alone, delayed medical care can jeopardize your recovery and your independence!

These units are commonly referred to as “**Lifeline**” units. These medical alert systems summon help at the push of a button from either a pendant (necklace) or wrist band (watch) which is worn at all times by the individual. These units ensure prompt, caring assistance 24 hours a day, 365 days a year. Many of these systems have add-on features which include: fall detection “auto alert,” medication dispensers, bed mats, or wander guards. Relatively new to the market are versions of this system that are compatible with cell phones.

Most of these units have a one-time only installation fee, and then an ongoing monthly rental fee. Please contact the individual business to find out the specifics on their unit and/or add on features. Also, some of these companies may offer discounts, or even waive their installation fee if you tell them that the Saginaw County Commission on Aging referred you.

Alert 1	(888) 981-9871
Guardian Medical Monitoring	(888) 349-2400
Home Medical Technologies	(989) 793-6521
McLaren Visiting Nurse Lifeline	(866) 402-2345
Primary Home Care	(989) 793-6674
V.R.I. Lifeline of Michigan	(800) 860-4230
Visiting Angels	(989) 652-6435
Visiting Nurse Special Services	(989) 797-0828

Pharmacies That Deliver

Each pharmacy offers their own delivery options, prices, and discounts. Some of the pharmacies listed also offer specialty items, prepackaged “bubble packs”, and/or offer additional services such as filling of the patient’s own medication planners. Please call the individual pharmacy for details on delivery charges, delivery area, and senior discounts.

Chesaning Area:

Broad Street Pharmacy (989) 845-9355

Frankenmuth Area:

Kroger (989) 652-0621

CVS (989) 652-8001

Freeland Area:

Freeland Pharmacy (989) 695-6500

Saginaw Area:

Brady Drugs (989) 781-2370

Bridgeport Pharmacy (989) 777-2900

Care Pharmacy (989) 755-7890

Faler Drugs (989) 793-2445

Healthway Pharmacy (989) 791-1691

Kroger (Dixie Hwy) (989) 777-4080

Kroger (Gratiot) (989) 791-7110

Kroger (State St) (989) 921-6222

Medplex Pharmacy (989) 746-9500

Princing’s Pharmacy (989) 793-8640

St Charles Area:

Healthway Pharmacy (989) 865-9971

Physicians Who Make Housecalls

Do you remember “the good old days” when the doctor came to you when you were sick? Believe it or not, those good old days are still here! The following physicians provide medical care to you *when* you need it and *where* you need it. Services may be covered by Medicare, Medicaid, or other private insurances. Please contact each provider to discuss your particular insurance coverage, charges for services, deductibles and co-pays.

Medical:

Northview Medical House Calls

(888) 758-5709

Physicians In Home Services

(Dr. Fleetwood)

(989) 692-0780 or (810) 239-7684

Dr. Amaning Sarkodie

(989) 790-7670 or (989) 790-7671

Visiting Physicians Association

(989) 667-8740 or (888) 742-9346

Dental:

Dental Hygiene Health Service

(Dental Hygienist- Karen Pavlawk)

(989) 385-5174

Dominic Verderese DDS

(989) 671-3777

Respite Care Facilities

Respite care refers to a short time of rest or relief. Some nursing homes, assisted livings, and other residential facilities offer short term stays of a few days or a few weeks. Please contact each site for details:

Aleda E. Lutz Veterans Affairs Medical Center	(989) 497-2500
Barton Woods Assisted Living	(989) 695-5380
Bavarian Comfort Care	(989) 777-7776
Bickford Cottage	(989) 799-9600
Brookdale Saginaw	(989) 249-7500
Edgewood Assisted Living	(989) 497-9970
Heartland Healthcare – Saginaw	(989) 777-5110
Independence Village	(989) 652-4100
Luther Manor	(989) 799-1902
MagnumCare of Saginaw	(989) 799-2996
Saginaw Senior Care & Rehab	(989) 792-8729
Shattuck Assisted Living	(989) 792-7979
Stone Crest Assisted Living	(989) 695-5035
Medilodge of Frankenmuth	(989) 652-6101

Saginaw County Commission on Aging

Since 1973 the Commission on Aging has provided many programs and services to meet the needs of older adults in Saginaw County. Our goal is to help older adults to continue living independently in their own homes. Programs and services include:

Care Management- helps families locate, mobilize, and manage services needed by frail elderly persons aged 60+ who are at risk of entering a nursing home. An in home assessment by a registered nurse and a licensed social worker is conducted in order to identify client needs, existing supports, and available resources. Program goal is to avoid unnecessary hospitalizations and nursing home placement.

Caregiver Support Program- provides an opportunity for caregivers to obtain new skills and additional knowledge for taking care of their older loved ones. An active support group meets twice a month.

Case Management- caseworkers provide assessments, information and advocacy.

In Home Services – program provides limited assistance with homemaking, personal care, and in home respite to residents aged 60 and over who have no other supports.

Project Lifesaver- a device designed to assist in the tracking and locating of people who suffer from Alzheimer's and related dementias that may cause them to wander and become lost.

Meals on Wheels- homebound elderly who are unable to prepare a well-balanced meal receive a hot meal daily.

Transportation- door-to-door service is available for medical appointments, essential shopping, and treatment clinics. Rides must be prescheduled. Wheelchair lift service is available. Cost is \$2.00 each way.

Saginaw County Commission on Aging

2355 Schust Road, Saginaw MI 48603

www.saginawcounty.com

(989) 797-6880 or 1(866) 763-6336

Skilled Nursing Facilities (a.k.a. Nursing Homes)

Nursing homes are facilities licensed by the Division of Licensing & Certification - Michigan Department of Public Health which provide nursing care and medical treatment. There are two types of nursing home care: “skilled” and “basic”. “Skilled” care is provided by a licensed health professional, such as a registered nurse, physical, occupational or speech therapist. This care is ordered by a doctor. “Basic” care provides assistance with a person’s activities of daily living (ADL’s), including: skin care, grooming, bathing, toileting, feeding, and mobility.

Chesaning Nursing Care Center	(989) 845-6602
HealthSource Saginaw County	(989) 790-7700
Heartland Health Care Center	(989) 777-5110
Hoyt Nursing and Rehab Centre	(989) 754-1419
Luther Manor	(989) 799-1902
MagnumCare of Saginaw	(989) 799-2996
Saginaw Senior Care & Rehab	(989) 792-8729
Saginaw Geriatrics Home	(989) 793-3471
St. Francis Home	(989) 781-3150
Medilodge of Frankenmuth	(989) 652-6101
Wellspring Lutheran Home	(989) 652-9951

To review Nursing Home State Surveys go to:

“www.Medicare.Gov” then click on ***“Nursing Home Compare”***

Lakeshore Long Term Care Ombudsman Program:

The federal Older Americans Act of 1964 created this program to help residents of long-term care facilities who have questions, concerns or complaints about the care they are receiving. Provides objective information about services and supports to meet your needs in the setting of your choice – whether it be a nursing home, home for the aged, adult foster care home, assisted living facility, or even in your own home. Services are provided free of charge.

429 State Street, Suite 108, Caro, MI 48723
1(866) 485-9393

If you suspect abuse, neglect or exploitation of a resident of a nursing home by another resident, or by a nursing home employee, notify the **Bureau of Health Services Abuse Hotline at 1-800-882-6006.*

Support Groups

In a support group, members provide each other with various types of help, usually nonprofessional for a shared, usually burdensome, life experience. The help may take the form of providing relevant information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding and establishing social networks. Support groups maintain interpersonal contact among their members in a variety of ways. Traditionally, support groups meet in person, in sizes that allow conversational interaction. Support groups also maintain contact through printed newsletters, telephone chains, internet forums, and mailing lists. Support groups can be a great place to find practical tips and resources!

Alzheimer's Disease support groups:

Wickson District Library (989) 798-0046
Meets the second Monday of every month at 10:30 a.m.

A&D Healthcare (989) 401-7510
Meets the last Tuesday of every month, from 6:30 p.m. – 8:30 p.m.
(Held at 3375 Carver Drive, Saginaw MI 48603)

Dementia support group:

Edgewood Assisted Living Center (989) 497-9970
Meets the second Tuesday of every month at 2:00 p.m.
(Respite care is available (on site) at this support group. Call ahead for details!)

On Line Support Groups:

www.DailyStrength.org
www.alz.org

www.OurAlzheimers.com
www.alzconnected.org

“Dial In Support Group”- the first Tuesday of every month at noon. Group phone call that supports those caregivers whom may not be able to attend a support group in person. Call 1(800) 272-3900 for more information.

Veteran's Benefits

Veterans of the United States Armed Forces may be eligible for a broad range of benefits and services provided by the U.S. Department of Veteran's Affairs (VA). These benefits include...

<i>Burial & Memorial benefits</i>	<i>Mental Health Services</i>	<i>Nursing Home Care</i>
<i>Prescription coverage</i>	<i>Preventative Health</i>	<i>Prosthetics & Sensory Aids</i>
<i>Rehab & Respite Care</i>	<i>VA Health Care Benefits</i>	<i>VA Pension</i>

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions. In order to expedite benefit delivery, Veterans seeking a VA benefit for the first time must submit a copy of their service discharge form, which documents service dates and type of discharge, or provides full name, military service number, and branch dates of service.

Our local VA is located at:

Aleda E. Lutz VA Medical Center (989) 497-2500
1500 Weiss Street, Saginaw MI 48602

One particularly helpful program to persons with memory loss and their families is the **Veterans Aid and Attendance program.** This is actually a pension which is designed to help off-set the cost of in home care services such as bathing, toileting, medication management, etc. It is a tax free benefit.

Aid and Attendance Program Basic Criteria-

- 90 days (or more) of Active Federal service
- 1 day of service during wartime (Did not need to see combat)
- Most discharges, other than dishonorable.

There are income & asset qualifications, as set forth by the VA. A surviving spouse may be eligible as well.

Obtaining VA benefits can be overwhelming and time consuming. There are places that can assist with the questions you have about the qualifications, as well as the filing of paperwork. By law, it is illegal to charge for the application or process of an application for VA benefits.

Mannor Financial Group	(989) 792-2320
Veteran Support Center	(989) 792-0053
Veterans Care Coordination	(855) 380-4400



This resource guide was put together by the members of the Saginaw County Dementia Advisory Board. The Dementia Advisory Board is a program of the Saginaw County Commission on Aging. Anyone interested in working on dementia issues in Saginaw County is invited to attend our monthly board meetings.
For information call Nicole at 1-866-763-6336.

On behalf of the Saginaw County Dementia Advisory Board, we would like to thank you for your interest in our resource guide. We hope that it was beneficial to you.

The information in this guide was obtained from the agency, business, or individual listed whenever possible. The Saginaw County Dementia Advisory Board makes no representation that this guide is absolutely accurate or complete. Errors and omissions, whether typographical, clerical, or otherwise, do sometimes occur. The listing of an agency is not an endorsement of its work, nor is the exclusion of an agency a disapproval of its work.

This guide is dedicated in memory of

Patricia A. Colpean

Pat was a founding member of the Saginaw County Dementia Advisory Board. She was a very unique lady with a determined spirit. She embraced all she believed in and was a great advocate for caregivers dealing with Dementia and Alzheimer's Disease.