

# A Guide to Programs and Services



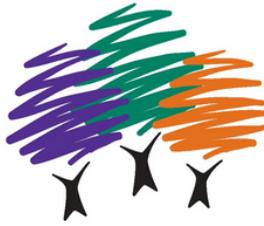


**Tri-County Office on Aging  
is the region's reliable  
source for information and  
services that support older  
adults and persons with  
disabilities to live their lives  
the way they choose.**





**Each year, more than 14,600 people turn to TCOA for everything from caregiver resources to assistance in understanding Medicare and Medicaid.**



## **Tri-County Office on Aging (TCOA)**

was founded as the Area Agency on Aging in 1974 by Clinton, Eaton, and Ingham counties and the cities of Lansing and East Lansing. TCOA's mission is to promote and preserve the independence and dignity of the aging population.

As a not-for-profit organization, TCOA helps older adults, adults with disabilities, and their caregivers access programs and benefits, improve their health, and remain active in their communities. Working with agencies and service providers in the area, TCOA focuses on how a person wants to live their life while honoring their preferences.

This guide provides an overview of TCOA programs and services, many of which are low-cost or no-cost. For more detailed information, please call **517-887-1440** or **1-800-405-9141** or visit [tcoa.org](http://tcoa.org).

---

## Care Options

The **MI Choice Program** offers an alternative to living in a nursing home for people who meet a level of care and financial eligibility. A nurse and social worker team assists eligible individuals with their support circle to develop, coordinate, and monitor a plan of care while providing key services and respecting each individual's right to choose their own options.

The **Care Management Program** provides a connection to an array of home and community-based services to assist older adults to live in the community setting of their choice. Services may include personal care, homemaking, and respite/relief for caregivers. Supports Coordinators help discuss all available options.

The **Case Coordination Program** offers limited support for eligible persons who need assistance with personal care, homemaking, or respite care for caregivers. A Case Coordinator conducts an assessment and can arrange in-home services.

**Caregiver Support** offers information, referrals, and workshops for caregivers and their families in order to plan for the future regarding common concerns they face.

## **Find Resources and Information:**

**Information and Assistance** specialists provide information and referrals on topics of importance to older adults and persons with disabilities such as agency programs, community resources, in-home services, long-term care options, and housing.

**\*Options Counseling** offers older adults, persons living with a disability, and their caregivers assistance in developing a plan to meet the long-term care needs that arise as individuals seek to age in the setting of their choice.

*\*This project has been made possible through a grant awarded to Tri-County Office on Aging by the Michigan Department of Health and Human Services.*

**Call the Statewide MI Options Call Center at 1-800-803-7174 or call TCOA at 1-517-887-1440 to set up an appointment with an Options Counselor.**

**Kinship Care Respite Program** provides rest, relief, and support for non-parent caregivers (age 55+) raising children up to 18 years of age and parent caregivers (age 55+) of adults with disabilities (age 18-59) through activities such as daycare, sports camps, summer classes, extracurricular activities, and items such as bikes, helmets, and technology.

**\*State Health Insurance Assistance Program (SHIP)**

counselors help individuals understand Medicare, enroll in Medicare prescription drug coverage, review supplemental insurance needs, apply for Medicare Savings programs, and provide information to recognize and report fraud, abuse, or scams.

*\*This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$82,981 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.*

**Call the Statewide MI Options Call Center at 1-800-803-7174 or call TCOA at 1-517-887-1416 to set up an appointment with a TCOA Medicare Counselor today.**

**Crisis Services** provides limited assistance for non-medical emergencies - such as utility shut-off notices and prescription drug shortfalls - for adults 60+ in the tri-county area.

**AARP Foundation Tax-Aide Program** provides trained volunteers who assist low-and middle-income older adults and adults with disabilities with their income tax, property tax credit, and home heating credit forms during the tax season.



## Educational Programs

*TCOA directly provides evidence-based health and wellness workshops.*

**A Matter of Balance** is a workshop designed for older adults to help them manage concerns about falls, prevent falls, and increase activity levels. This workshop meets for two hours per session for eight sessions.

**Chronic Pain Personal Action Toward Health (PATH)** helps participants learn how to manage chronic pain without increasing medications. This workshop meets for two and a half hours once per week for six weeks.

**Dementia Caregiving Series** provides basic dementia information for individuals caring for a person with dementia or for anyone who wants to learn more about dementia. This workshop meets for one and half hours once per week for three weeks.

**Diabetes PATH** focuses on the day-to-day management of diabetes where participants learn different tools and techniques to manage this chronic condition. This workshop meets for two and a half hours once per week for six weeks.

**Powerful Tools for Caregivers** is an interactive workshop designed to help family caregivers take a better care of themselves while caring for a family member or friend. This workshop meets for two and half hours once per week for six weeks.



**Savvy Caregiver® Program** provides in-depth dementia information and communication skills for individuals caring for a person with dementia at home. This workshop meets for two hours once per week for six weeks.

**Walk With Ease** is a six-week walking program that can reduce pain and improve overall health. This workshop can be done on your own or with a group.

**Full Workshop Schedule:**

[tcoa.org/classes/evidence-based-programs](https://tcoa.org/classes/evidence-based-programs) 🔍

---

**Trialta** is an online tool that aims to help caregivers with resources and courses on a variety of topics. You can register for a free account with Trialta at:

[tcoa.trialta.com](https://tcoa.trialta.com) 🔍



## Access Nutrition

**Home-Delivered Meals (Meals on Wheels)** offers home-delivered healthy meals to eligible persons. Payment is not required. Donations are welcome.

**Senior Congregate Dining Sites** provide a social environment for participants to enjoy healthy meals and activities. Payment is not required. Donations are welcome.

**Senior Project Fresh** provides coupons to qualified seniors to purchase fresh fruits and vegetables at participating Michigan farmers markets from June through October.

You can help! **Volunteer** to deliver Meals on Wheels or help at Dining Sites. Your time and resources make a significant difference in the lives of our neighbors. The TCOA Kitchen produces nearly 1/2 million meals each year, and the need keeps growing.



## About TCOA:

At TCOA, we are part of the community. We serve our neighbors, friends, and family members. With person-centeredness at the core, we connect throughout the tri-county region. TCOA,

along with the Boards and Councils, advocate for older adults and adults with disabilities to support their desires to live as independently as possible. To the right is an image of the outside of TCOA's office.



## Boards and Councils

The Administrative Board governing TCOA consists of elected officials representing Clinton, Eaton, and Ingham Counties and the Cities of Lansing and East Lansing. The TCOA Advisory Council acts in an advisory capacity to the Administrative Board. At least one-half of the council consists of senior citizens, appointed by their respective units of government. Remaining members represent community agencies.

[tcoa.org/about](https://tcoa.org/about) 

## Advocacy

TCOA encourages adequate resources and sound public policy affecting older adults at the national, state, and local levels. Advocacy efforts include representatives on the Michigan Senior Advocates Council, an advocacy group through the Area Agencies on Aging Association of Michigan dedicated to maintaining contact with the state's legislature on key issues of importance to older adults and their caregivers; and the State Advisory Council on Aging, an advisory body to the Michigan Commission on Services to the Aging.

[tcoa.org/advocacy](https://tcoa.org/advocacy) 🔍

## Community Support & Funding Sources

Private contributions are an important part of serving our community and providing access to needed

supports. The U.S. Census Bureau estimates that 24% of Michigan's population will be 60 and older by the year 2030. TCOA's private funding comes from individual donations, corporations, and foundations. Federal, state, and local funds are provided



through the Bureau of Aging, Community Living, and Supports, the Cities of Lansing and East Lansing, and the Counties of Clinton, Eaton, and Ingham.

## Donations

There are many ways to give, and it is easy to donate online by visiting the link below or calling 517-881-8258.

[tcoa.org/donate](https://tcoa.org/donate) 🔍

TCOA is a qualified charity and gifts are tax-deductible to the extent permitted by law.

## Volunteer Opportunities

Consider donating your time by volunteering with TCOA. Volunteer applications are available at [tcoa.org/volunteer](https://tcoa.org/volunteer), or by calling 517-887-1487. We will work with you to find a role that fits your interests, time, and talents.

[tcoa.org/volunteer](https://tcoa.org/volunteer) 🔍



**Make a  
difference.**



**Phone:** 517-887-1440  
**Toll-Free:** 800-405-9141  
**Fax:** 517-887-8071  
**Website:** [tcoa.org](http://tcoa.org)  
**Hours:** 8:00AM – 5:00PM  
Monday – Friday  
**Lobby Hours:** 8:30AM – 4:30PM  
Monday – Friday

Tri-County Office on Aging does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, sexual orientation, age, disability, disabled or Vietnam era veteran status, marital status, and their protected characteristics in any of its programs or policies. Tri-County Office on Aging complies with all applicable laws and regulations. For detailed information on Section 1557 of the Affordable Care Act, please visit our website at [tcoa.org](http://tcoa.org).

TCOA is devoted to attracting and retaining a diverse staff this is representative of our community and the participants we serve. TCOA is dedicated to creating and maintaining a work environment that is inclusive, equitable, and welcoming to all.



**Tri-County Office on Aging is an Equal Opportunity Employer.**