

About Caring for Seniors:

Wayne Metropolitan Community Action Agency is proud to offer wellness opportunities to seniors residing in the 42 communities surrounding Detroit (comprising Out-Wayne County) and their caregivers.

The Caring for Seniors Program is especially designed to help our aging residents and those who care for them achieve a better quality of life. The program provides a variety of comprehensive services to assist both the caregiver and the care recipient.

The Caring for Seniors Program aims to promote the highest possible level of functioning in regards to support, self care and relaxation.



Caring for Seniors Provides:

Support Groups for Caregivers

Caring for a parent, spouse, relative or friend can become stressful and overwhelming. Caregiver support groups provide a safe and confidential place to share experiences, find resources and refresh one self. There are five caregiver support group meeting locations- Redford (2), Romulus, Westland and Wyandotte.



Education and Training in Health and Well-Being Maintenance

Topics and resources are shared to maintain good health and well-being while caring for a parent, spouse, relative or friend.

MMAP (Medicare and Medicaid Assistance Program)

MMAP counseling available to assist in understanding Medicare/Medicaid, compare or enroll in Medicare Prescription Drug Coverage, review Medicare supplemental insurance needs and understand Medicare health plans.

Mi Café (Michigan's Coordinated Access to Food for the Elderly)

Mi Café assists people age 60 and over in applying for the Michigan Bridge card. This Bridge card is used to help buy healthy nutritious food.

Counseling and Referral Service

Support groups and individualized counseling are available to help determine need and refer to the appropriate resources for assistance.

Incontinence Supplies

Incontinence supplies (as available) are provided without charge when the caregiver/care recipient is at least 60 years or older.

For more information, please contact:

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