

## **L O N G - T E R M**

## **c a r e**

## What You Need to Know

### **WHERE DO I START?**

Once you have determined that care is needed and the individual has been assessed to determine what type of care is suitable to meet their needs you have taken two very important steps.

The next significant step is to determine the best place to get the care. There are numerous options and it may be confusing as to which organizations should be considered. To help with this process we have identified a partial listing of organizations that may be able to help you with this analysis. Other groups may also be available to help.

These organizations do not actually provide the care but do have a good understanding of who can help you and may provide other information and facts for your consideration. These organizations are not specifically endorsed but do represent established operations working in the long-term care arena.

### **IN-HOME SERVICES**

To access in-home services that assist with bathing, personal care, routine household tasks, or respite contact:

**Area Agency on Aging of Western Michigan 616-456-5664, or**

**HHS Health Options 616-954-1567.**

### **ADULT DAY CARE**

Adult Day Care includes social, recreational, and rehabilitative services for functionally impaired persons. Contact:

**Gerontology Network 616-465-6135**

### **NURSING HOME AND ASSISTED LIVING**

To access lists of nursing homes and assisted living facilities, and to obtain information about selecting facilities contact:

**Alzheimer's Association 616-392-8365**

**Citizens for Better Care 616-245-9451**

**Michigan Long Term Care Ombudsman 1-866-485-9393**

**OTHER**

To access general information about services contact:

**First Call for Help 616-459-2255**

To access resource information for persons with disabilities contact:

**Disability Advocates for Kent County 616-949-1100.**