



Office of Representative Debbie Dingell (MI-12)

***The Long-Term Care Guidebook:***  
**Resources for those requiring or providing care**

**[www.DebbieDingell.House.Gov](http://www.DebbieDingell.House.Gov)**

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Dear Friends:

As many know, my family met the health care system head-on in recent months, and like many of you, we found it complex, confusing, and difficult to navigate. The fact is, while we have made great strides to improve our nation's health care system in the last few years we have not adequately addressed long-term health care for seniors or the disabled. Current programs leave huge gaps in access to care, and people are forced to rely on a patchwork of private insurance, public programs, and unpaid family caregivers.

It is long past time for a new approach that provides better support to families and helps seniors and those with disabilities get the care they need. That is why one of my top priorities is finding innovative solutions to bring our long-term care system into the 21st century. The first bill I authored in Congress, the *Medicare Hearing Aid Coverage Act of 2015*, helps solve one piece of the puzzle by making Medicare cover hearing aids for beneficiaries. Hearing loss affects nearly



20 million Americans over the age of 45 and the average cost of hearing aid ranges between \$4,000 and \$4,500 – a price tag many seniors cannot afford. Yet, current law prohibits Medicare from covering hearing aids, something I learned directly from a doctor. This is just one of the myriad of issues affecting seniors and those dealing with long-term care issues.

While we will continue to work on solutions to improve long-term care, there are immediate steps we can take right now to support older adults and their family members. As we all know, the issues surrounding long-term care extend far beyond the patient and impact families and communities.

This Long-term Care Guidebook compiles resources and contact information to help you navigate a complicated system. It is my hope that this guide will be useful to you, but be assured that my office is always here to help and be a resource. Please fill out and return to our office the last page of this packet and share with us what we need to know.

Sincerely,

A handwritten signature in blue ink that reads "Debbie Dingell". The signature is written in a cursive, flowing style.

Debbie Dingell  
Member of Congress

## **LOCAL ASSISTANCE: Contact Information**

- **Office of Rep. Debbie Dingell**  
Dearborn Office: 19855 West Outer Drive, Suite 103-E, Dearborn, 313-278-2936  
Ypsilanti Office: 301 West Michigan Avenue, Suite 400, Ypsilanti, 734-481-1100  
*We can assist with issues related to Social Security, Medicare and Medicaid, VA Benefits, Consumer Financial Protection Bureau, the IRS and much more. Our office is a good starting point for almost any issue.*
- **The Senior Alliance AAA 1C**  
800-815-1112 – <http://www.aaa1c.org/>  
*The Senior Alliance is a non-profit agency designated as both an Area Agency on Aging and Organized Health Care Delivery System. It serves the 34 suburban communities in Southern and Western Wayne County by funding and administering a network of services including home care, meals, information, advocacy, and support services.*
- **Wayne County Department of Senior and Veteran Services**  
313-224-810 – <http://www.waynecounty.com/svs/index.htm>  
*Their mission is to provide advocacy, financial hardship, and nutrition services to Wayne County senior citizens, veterans, and their families.*
- **Area Agency on Aging Region 1B**  
800-852-7795 – <http://www.aaa1b.org/>  
*This agency serves Washtenaw County and provides assistance and information to seniors, persons with disabilities, and caregivers. They can help you with housing options, eligibility and availability of long-term care programs, transportation, and legal services.*
- **Wayne Metro Community Action Agency:**  
313-843-2550 – <http://www.waynemetro.org>  
*The Community Action Agency assists with a variety of needs from housing assistance to tax preparation.*
- **PACE Southeast Michigan**  
855-445-4554 – <http://www.csipace.org/>  
*PACE is a health center that focuses on helping seniors stay in their home for as long as possible. They utilize Medicare, Medicaid, and private funds to cover costs.*
- **SMART – Connector Service:**  
866-962-5515 – <https://www.smartbus.org/Services/Connector>  
*This is a regional transit system that helps seniors and persons with disabilities get around the region.*
- **National Do Not Call Registry**  
888-382-1222 – <https://www.donotcall.gov/>  
*The registry gives you the option to stop receiving telemarketing calls at home. You can register your home and cell phone for free.*

## **GENERAL RESOURCES**

The following are resources from the federal government covering a variety of topics related to long-term care, aging, and caregiving. Dealing with long-term care can be a difficult and challenging process for anyone. While your situation is unique, you are not alone in this process and there are numerous resources available to you and your family. And remember, our office is always here to help.

- **Caregiving**

[www.medicare.gov/campaigns/caregiver/caregiver.html](http://www.medicare.gov/campaigns/caregiver/caregiver.html)

*This website offers resources, stories, and newsletters about caring for someone with Medicare.*

- **Disability Planner: Family Benefits**

<http://www.ssa.gov/planners/disability/dfamily.html>

*This tool from the Social Security Administration will help you come up with a plan for the best way to use your Social Security disability benefits.*

- **Eldercare Locator**

[www.eldercare.gov](http://www.eldercare.gov)

*The Eldercare Locator links you to state and local agencies on aging and community-based organizations that serve older adults and their caregivers.*

- **Federal Long Term Care Insurance**

<http://www.ltcfeds.com>

*This website provides information on the federal long-term care insurance program that is available to federal employees and their dependents.*

- **Hospice**

[www.medicare.gov/Pubs/pdf/02154.pdf](http://www.medicare.gov/Pubs/pdf/02154.pdf)

*This pamphlet provides information on the Medicare hospice benefit.*

- **Lifespan Respite Program |**

[www.acl.gov/NewsRoom/Publications/docs/Lifespan\\_Respite\\_Care\\_Program2014.pdf](http://www.acl.gov/NewsRoom/Publications/docs/Lifespan_Respite_Care_Program2014.pdf)

*This website provides information about the Lifespan Respite Care Program.*

- **Medicaid Home and Community-Based Services (HCBS)**

[www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Home-and-Community-Based-Services/Home-and-Community-Based-Services.html](http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-Topics/Long-Term-Services-and-Supports/Home-and-Community-Based-Services/Home-and-Community-Based-Services.html)

*Medicaid offers a range of HCBS through a variety of statutory authorities including new Affordable Care Act programs, HCBS waivers, other waivers, and State Plan Amendments. These include services for beneficiaries and caregivers.*

- **National Family Caregiver Support Program**  
[www.acl.gov/NewsRoom/Publications/docs/National Family Caregiver Support Program2014.pdf](http://www.acl.gov/NewsRoom/Publications/docs/National_Family_Caregiver_Support_Program2014.pdf)  
*The National Family Caregiver Support Program works with local Area Agencies on Aging to provide services and benefits to family caregivers.*
- **STEADI**  
<http://www.cdc.gov/homeandrecreationalsafety/Falls/steady/patients.html>  
*The STEADI Initiative to prevent falls includes educational materials designed specifically for health care providers, older adults, and their caregivers. Materials include information on how to check for fall risk and how to prevent falls.*
- **Support a Loved One at the Doctor: Quick Tips**  
<http://healthfinder.gov/HealthTopics/Population/older-adults/mental-health-and-relationships/support-a-loved-one-at-the-doctor-quick-tips>  
*A quick checklist of things to consider when taking a loved one to the doctor.*
- **Treatment of Depression in Older Adults Evidence-Based Practices (EBP) KIT**  
<http://store.samhsa.gov/product/Treatment-of-Depression-in-Older-AdultsEvidenceBased-Practices-EBP-KIT/SMA11-4631CD-DVD>  
*This free kit includes a guide to help older adults and caregivers recognize depression, access treatment, make informed choices, and remain involved in care decisions.*

### **RESOURCES FOR VETERANS**

The following resources are for the brave men and women who served our country. Our veterans made great sacrifices to protect us and we have a duty to help those who served our nation.

- **Department of Veterans Affairs' Caregiver Support Line**  
Toll Free: 1-855-260-3274  
*The support line can discuss assistance available from the VA, help get access to services, answer questions about eligible services, or connect caregivers with the Caregiver Support Coordinator at the closest VA Medical Center.*
- **Department of Veterans Affairs' Caregiver Support**  
<http://www.caregiver.va.gov/>  
*This website provides resources for caregivers and Veterans, including resources available to caregivers, and videos and stories of caregivers of Veterans. The website also has a zip code look up feature, allowing caregivers and Veterans to find the name and contact information of the closest Caregiver Support Coordinator.*

- **Department of Veterans Affairs' Guide to Long Term Services and Supports**  
<http://www.va.gov/GERIATRICAL/Guide/LongTermCare/index.asp>  
*This website provides an overview of VA long-term services and supports.*
- **Veterans Health Library**  
<http://www.veteranshealthlibrary.org/>  
*This website provides information on common health issues faced by Veterans, including information related to caring for a Veteran with a specific illness, injury, or condition.*

### **RESOURCES FOR HOUSING PROGRAMS**

The following resources are available to help seniors and those looking for assistance in finding a safe, comfortable, and affordable place to live.

- **U.S. Department of Housing and Urban Development Information for Senior Citizens**  
[http://portal.hud.gov/hudportal/HUD?src=/topics/information\\_for\\_senior\\_citizens](http://portal.hud.gov/hudportal/HUD?src=/topics/information_for_senior_citizens)  
*For information on HUD programs specific to senior citizens*
- **U.S. Department of Housing and Urban Development Rental Assistance**  
[http://portal.hud.gov/hudportal/HUD?src=/topics/rental\\_assistance](http://portal.hud.gov/hudportal/HUD?src=/topics/rental_assistance)  
*Locate rental housing supported by HUD's programs; learn more about renting and HUD rental assistance programs, as well as your rights and fair housing information.*

### **RESOURCES FOR ALZHEIMER'S PATIENTS**

The following resources are for those living with Alzheimer's or those caring for a loved one with the disease. An estimated 5.1 million Americans over the age of 65 have Alzheimer's disease. Managing this disease is critically important, as it is one of the only leading causes of death that cannot be cured, prevented, or slowed.

- **Alzheimer's Disease Supportive Services Program**  
[http://www.acl.gov/NewsRoom/Publications/docs/Alzheimers\\_Disease\\_Supportive\\_Services\\_Program\\_1.pdf](http://www.acl.gov/NewsRoom/Publications/docs/Alzheimers_Disease_Supportive_Services_Program_1.pdf)
- **Alzheimers.gov**  
<http://alzheimers.gov/>  
*This site is the government's resource for Alzheimer's disease and related dementias.*

- **Caring for a Person with Alzheimer’s Disease**  
<http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide>  
*An easy to use guide from the Nation Institute on Aging*
- **About Alzheimer’s disease: Caregiving**  
<http://www.nia.nih.gov/alzheimers/topics/caregiving>  
*Find caregiving tip sheets and resource lists.*

### **RESOURCES FOR CAREGIVERS**

The following resources are specifically to help those providing care find assistance and help themselves. The majority of long-term care is provided by family members and loved ones. However, the time and emotional and physical toll of this work should not be ignored. As a caregiver, it’s important to take care of yourself as well.

- **Caregivers and Exercise- Take Time for Yourself**  
<https://go4life.nia.nih.gov/tip-sheets/caregivers-and-exercise-take-time-yourself>
- **Caregiver Stress Fact Sheet**  
<http://www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.html>
- **Get Support If You Are A Caregiver**  
<http://healthfinder.gov/HealthTopics/Category/everyday-healthy-living/mental-healthand-relationship/get-support-if-you-are-a-caregiver>
- **Information on the Family and Medical Leave Act (FMLA)**  
<http://www.dol.gov/whd/fmla>  
*Among other things, the FMLA entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons.*



**KEEPING IN TOUCH: Representative Debbie Dingell Sign-Up Form**

*Please return this form to a representative from our office or mail to:  
Office of Rep. Debbie Dingell, 19855 West Outer Drive, Suite 103-E, Dearborn, MI 48124*

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_

**Cell (optional):** \_\_\_\_\_

**Email (optional):** \_\_\_\_\_

**Check one of the following (optional):**

\_\_\_\_\_ **I am a professional caregiver**

\_\_\_\_\_ **I assist a loved one with caregiving needs**

\_\_\_\_\_ **I require caregiving assistance**

\_\_\_\_\_ **I am a senior citizen or living with an illness or disability and I worry about long-term care in the future.**

**Please share what we need to know:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_