

Respite Care Services in Washtenaw County

Adult Day Care

In-Home Respite Care

Overnight Respite Care

The following respite care services provide relief for caregivers:

An Adult Day Programs (ADP) will differ, but in general offer programs and activities to stimulate memory and promote continued independence for older adults who have mild to late-stage dementia. Examples of services and educational and recreational programs may include exercise, music, horticulture, socialization and intergenerational sharing. Some programs offer coping tactics and support for family members.

In-Home Respite Care provides helpers to come to the home and stay with the person who is ill, frail or disabled.

Overnight Respite Care offers limited stays at some senior housing communities. This allows caregivers to take vacations or take care of matters that require extended time. The Housing Bureau for Seniors offers senior housing guides (i.e. Retirement Residences, Adult Foster Care Homes and Alzheimer's and Memory Loss Assisted Living Communities) in Washtenaw County that identify communities offering respite care. Go to: <http://www.med.umich.edu/seniors/programs/counseling/resources.htm#independent> for more information.

What you need to know about services offered, rates and eligibility

- Check on current rates of service, including fees for an initial assessment, which is additional to an hourly or daily fee.
- Ask about activities and/or the available personal care services. For example, will they care for someone who wanders or who is incontinent?
- Ask about the terms of their service and the hours of operation

Candidly describe your loved one's needs and concerns you may have about their care.

See below for respite care contacts.

In-Home Respite Care Resource	
Catholic Social Services Interfaith Volunteer Caregivers 5361 McAuley Dr. Ann Arbor, Mi 48106 (734)712-3625	
Adult Day Programs	
A J Lightfoot Adult Day Care Center 503 Miller Avenue Ann Arbor, MI 48103 (734) 213-0566	Generations Together 2801 Baker Road Dexter, Mi 48130 (734) 426-4091 Hours: M-F 8am-5pm
Evangelical Homes of Michigan Memory Support Center Adult Day Services 200 Brecon Dr. Saline, MI 734-295-9811 Adult Day Services are available 7 days a week, depending on need.	The Oaks Adult Day Center 2500 S. Main Ann Arbor, MI, 48103 (734) 662-4001 Hours: M-F 7:30 a.m.-4:30 p.m. Rates on a sliding scale
University of Michigan Geriatric Center The Silver Club –2 locations >2401 Plymouth Road. Suite C Ann Arbor, Mi 48105 >1043 W. Michigan Ave Ypsilanti, Mi 48197 (734) 998-9352	Silver Maples of Chelsea 100 Silver Maples Dr. Chelsea, MI 734-475-4111 Hours: M-F 6:00 a.m.-7:00 p.m.
On Golden Pond 6395 Bemis Road Ypsilanti, Mi 48197 (734) 482-6170 Roberta@on-golden-pond.com	

Respite Caregiver Checklist

To give the respite care caregiver more complete information on the patient see the suggested checklist and instruction form at

<http://www.efmoody.com/longterm/respitchecklist.html>

In addition to the checklist and instruction form, it is suggested that the respite caregiver be advised of advanced directives, food preferences or any medical equipment in use.

Out-of-Home Respite

A program that provides the primary caregiver to take a rest from their caregiving duties for an extended period of time by leaving their loved one with qualified care professionals who provide supervision, companionship and assistance with activities of daily living in an environment other than the client's or caregivers home. Contact the Area Agency on Aging at 734-213-6704 for more information.