

U.P. Area Agency on Aging

- Serve as a regional focal point for services to older adults
- Evaluate the needs of older adults and develops plans to address those needs
- Provide funding to local agencies for services and assess the quality of the services, to ensure that they are being adequately provided
- Advocate for the concerns of older adults
- Provide information and assistance for older adults



Upper Peninsula Commission for Area Progress (UPCAP) is a regional 501(c)(3) charitable organization, responsible for development, coordination, and provision of human, social and community resources within the Upper Peninsula of Michigan. In 1974, UPCAP was designated as the Upper Peninsula Area Agency on Aging (Region XI) whose purpose is to advocate and provide services to older adults throughout the 15 counties of the Upper Peninsula.

UPCAP does not unlawfully discriminate against an individual or group because of race, religion, sex, handicap, political status, physical and parental status.



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Upper Peninsula Area Agency On Aging

*Promoting Independence
and Dignity
for Older U.P. Residents*

DIAL 2-1-1
for more information

Payphone users
DIAL 1-800-338-7227



In 1974, **UPCAP** was designated as the **Upper Peninsula Area Agency on Aging (AAA)**. The AAA ensures the provision of quality services through the selection, funding, contracting, and monitoring of local service providers.

Area Agencies on Aging are non-profit organizations that plan and develop services for older adults age 60 and over. There are over 670 Area Agencies on Aging across the country that are part of a national network of federal, state and community organizations.

Established and funded through the Older Americans Act, the Area Agency on Aging evaluates the needs of older adults and develops plans to address those needs. They also develop, coordinate, and administer a variety of programs and services. The services are designed to help older adults maintain their health and dignity and remain in their homes for as long as possible.



Older Americans:
connecting the community

What Services Are Available to Older Adults?

The services provided through the Area Agency on Aging's network include:

- Adult Day Care
- Aging & Disability Resources (ADRC)
- Caregiver Support
- Caregiver Training
- Care Management
- Chores Around the House
- Congregate Meals at Senior Centers
- Disease Management Programs
- Elder Abuse Education and Prevention
- Health Screening
- Health & Wellness Training
- Help with understanding Medicare, Medicaid and Medigap Insurance
- Help with Prescription Drugs for those who qualify
- Home Care Assistance including help with bathing, dressing, eating, etc.
- Home Delivered Meals (Meals on Wheels)
- Home Safety Assistance
- Homemaker
- Housing Options
- Information and Referral
- Kinship Care (help for grandparents raising grandchildren)
- Legal Assistance
- Ombudsman Services to help resolve complaints for people living in long-term care facilities
- Public Awareness
- Relief for Caregivers (Respite)
- Transportation

Because funding is limited and local needs differ, not all services are available in every community.

The services are available to individuals who are age 60 and older. There is no cost for services, but **donations are encouraged**. Certain services have eligibility criteria. For further information on which services are available in your area, contact the U.P. Area Agency on Aging:

DIAL 2-1-1 or 1-800-338-7227

In Escanaba and surrounding areas, Call 906-786-4701