

**UPCAP**  
U.P. Area Agency on Aging

September 2015

# Success Stories

## For Independent Living



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*Since 2005, over 11,000 Michigan nursing facility residents returned to their home or community setting.* MDHHS

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## Success Stories for Independent Living

At some point in time everyone will be faced with decisions related to caring for a loved one who, for any number of reasons, is no longer able to fully care for his or herself. In simpler times, an aging parent or relative was cared for at home by family members. Today, with family members scattered in all parts of the country, caring for a loved one at home has become a difficult task.

For years we have relied on nursing homes to make up for the lack of family and community support. While the nursing home industry has changed over the years and is no longer our last stop in life, there is still a heavy reliance upon nursing homes to meet the long-term care needs of our loved ones.

But times are changing! For more than 20 years UPCAP, in its role as the Upper Peninsula Area Agency on Aging, has been working to develop community-based alternatives to nursing home placement such as Care Management and the MI Choice Waiver Program. These programs provide information, options and benefits counseling, and assistance in arranging and purchasing services to help keep loved ones at home and in the community.

Nursing homes are still viewed by many as the primary method of meeting long-term care needs. Often a physician or other trusted medical consultant will recommend a stay in a nursing home to address a particular problem or to help with rehabilitation following some major health event. Unfortunately, some of these temporary stays become long-term placements because the person and his or her family are not aware that alternatives exist to help the person at home.



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UPCAP, through funding from the Michigan Department of Health & Human Services, and in partnership with the Superior Alliance for Independent Living (SAIL), has resources available to help ensure that a temporary nursing home stay does not become a permanent placement. The Nursing Facility Transition Initiative is specifically focused on helping nursing home residents return to a more independent setting at home and in the community.

The following stories are testimonials to the fact that a nursing home placement need not be a permanent placement. Help is available if you or a loved one are currently living in a nursing home and would like more information on how you might be able to return home. Simply dial 2-1-1 and tell our Call Specialist that you are interested in returning home.

I hope you enjoy the following success stories and will give UPCAP and SAIL the opportunity to help you or your loved one return home.

**Jonathan Mead**  
UPCAP President

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## Doug

An accident in 2007 left Doug with a spinal cord injury.

After an extensive surgery and a period in intensive care, Doug was transferred to a nursing facility for rehabilitation and wound care.



After five years in the nursing facility, Doug began looking into the possibility of moving into his own apartment. With the support



of family, friends, nursing facility and UPCAP staff, community agencies, physicians, and a great deal of self determination, **Doug moved into his own apartment.**



Doug and his “support team” had a number of barriers to address in order for him to return to independent living. **Assistive medical technology** was researched and purchased. Care aides

were sought out and scheduled to meet all of Doug's needs. The apartment had to be completely barrier-free and stocked with furnishings and personal belongings.

The feeling of independence has closed the door on his once fatalistic attitude for what his future had in store. Doug now uses the door-to-door bus system to visit family and friends, do his own shopping, and rent videos. He plans to make regular visits to the nursing home residents and staff who were his family for the five most difficult years of his life.

Doug reflects that moving back into the community has been a life-changing experience. He is so appreciative for all the help from nursing facility staff, UPCAP, the **NFT/MFP program**, and other community agencies that made it possible.



## Eric



A horrific car accident left Eric in a coma with trachea and feeding tubes when he was 25.

He was eventually transferred to a nursing facility where his mother worked.

With help and support from nursing facility and PT staff, his mother, and **UPCAP's NFT/MFP Program**, Eric was able to **return home**. His trachea and feeding tubes have since been removed, and he continues therapy to regain his speech and ability to walk. His mom cares for him at home, and utilizes **respite services** so she can run errands.

Eric enjoys his pets, visiting with friends, and going out for walks.



*Eric always has a smile on his face that reflects just how happy he is to be home!*

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## Harlan

Harlan was in critical condition and in a coma for 2 months after being struck by a car. He was eventually moved to a nursing facility for extensive physical and occupational therapy.

Harlan made progress in his recovery and was able to have the trachea tube removed. He did, unfortunately, **lose his apartment** while in the nursing facility.

*Harlan will be volunteering at the Senior Center or St. Vincent de Paul store to get back into community involvement.*



**Nursing Facility Transition** staff from the **Superior Alliance for Independent Living (SAIL)** helped Harlan locate and furnish a **new apartment**. He was initially making TV dinners, but has returned to cooking from scratch much like he did prior to his accident when he was working in a restaurant kitchen.



## Vivian

Vivian is a U.P. resident with a disability who had lived in a nursing home for several months.

While Vivian still owned her home – and a horse she loved to watch – she didn't think she would be able to live there alone. "I wanted to go home the first day I was in there (nursing home)," she said. "**I didn't know** it was an option."

After being referred to the **NFT/MFP program, UPCAP and SAIL** staff assessed Vivian's needs and wishes. Some alterations were needed to **make her home accessible** and allow her to navigate with her walker.

Railings and hand rails were installed by her stairs and in the bathroom.



*"I felt like a princess. I just laid in my bed and thought, this is heaven."*





Back in her **own house** once again, Vivian says “I felt like a princess. I just laid in my bed and thought, this is heaven.” She enjoys cooking her own food and watching her beloved horse. “He’s like a member of the family,” she says.

***“I really missed my freedom. It’s wonderful to be my own boss again. I’m free to do what I want to do or what I can do, even if it’s something as simple as sewing a button on my own pants. I’m glad I’m home.”***

Disability Network/MI  
2008 Annual Report



## Jerome

Jerome is a 47-year old U.P. resident who has been disabled since 1980.

While residing in a nursing facility, he dreamed of having his **own apartment**.

Jerome then heard about the **MIChoice Waiver** Program through UPCAP. UPCAP and the **NFT/MFP program** helped Jerome transition back into the community.

*“If not for the care of this program, I would still be in the nursing home. UPCAP was there when I needed them and I still have my independence.”*



*“I pay my own bills and this makes me feel like a human being.”*

*"I never worry about him when I am gone and that is a blessing."*

(wife) Debbie

## Charles

Charles, a 66-year old U.P. resident, suffered a stroke that left him paralyzed and in a nursing home.



*"I got to come home with my wife. I never want to go back."*

Charles and his wife learned about the **MIChoice Waiver** Program through UPCAP. Since then, Charles is happily residing at home with the support of this **program, services,** and his **caregivers.**

*"I can't say enough about how wonderful they (Care Managers) have been to my husband."* Debbie



## Francis

Francis resided in his handi-capped accessible home for a number of years following an accident that eventually left him paralyzed.

In April of 2011, he was admitted to a nursing home with stage-four skin wounds. A barrier to returning home involved concerns that a standard **Hoyer lift** would cause further skin and wound damage. A referral was made to **Upper Peninsula's Nursing Facility Transition** program to help Francis return home. UPCAP's NFT staff were able to buy an overhead **tract lift** so he could be transferred from his bed to the shower without interfering with the healing of his wounds.

Additionally, Personal Care, Homemaker services, Skilled Nursing, and Home-Delivered meals are in place.



*Francis has dramatically increased his independence. He drives a special van, and hopes to be able to take up hunting again one day.*

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## Joseph

Joseph sold his home and belongings during his residency in a nursing facility. After a year and a

half, his recovery and independence improved to where Joseph was no longer eligible to stay in the facility.

With **no home or possessions** to return to, the facility social worker and **SAIL's Nursing Facility Transition** staff helped Joseph find and secure an **affordable and accessible apartment** in a senior housing project. He is again enjoying the benefits of independent living such as meeting with friends to do puzzles, playing music, and attending his grandson's football games.

*Best of all...Joseph knows he can head out and spend time at his camp whenever he wants to.*



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# 1. Long Term Care Settings

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## Where Can I Receive Long Term Care Supports and Services?



Home or Apartment

Adult Foster Care  
or Home for Aged



Assisted Living



Nursing Facility



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## 2. LTC Programs / Agencies

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- UPCAP MIChoice Waiver / Care Management
- Superior Alliance for Independent Living (SAIL)
- MDCH Nursing Facilities Transition / Money Follows the Person program (NFT/MFP)
- Department of Human Services (DHS)
- Senior Centers
- Community Action Agencies
- Home Health Agencies
- Nursing Facilities
- Many Others...

## 3. Long Term Care Services

### **Personal Care:**

- Bathing
- Dressing
- Eating
- Grooming
- Moving About
- Toileting
- Transferring

### **Adult Day Care:**

- Consists of daytime care in a supportive group setting other than the individual's home

### **HomeMaker Services & Simple Chores:**

- Laundry & Ironing
- Meal Preparation
- Running Errands
- Grocery Shopping

### **Respite (relief) Care:**

- Respite Care in the absence of your regular caregiver
  - Companionship and supervision of daily activities
-

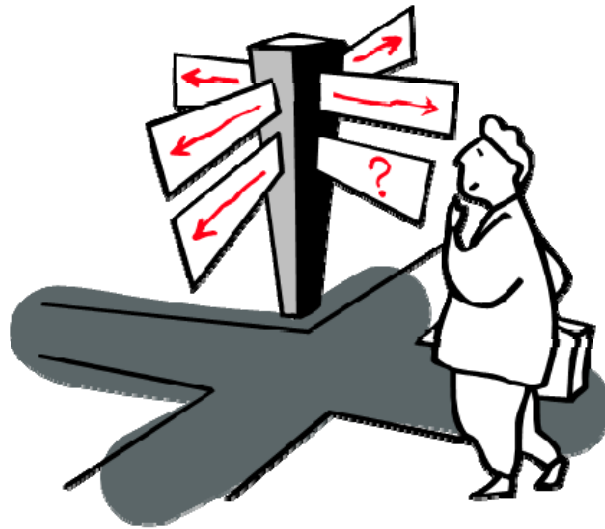
- Nearly **two-thirds** of people age 65 will need long term care at home, adult day care, assisted living facility, or nursing home.

- 
- Forty percent (40%) of those currently receiving long term care services are ages 18 to 64.



**Know your options.**

**Be informed!**



*Nearly everyone will have to make long term care decisions for themselves or a loved one at some point in their lives.*

*It is never too early to begin exploring long term care options!*

www.UPCAP.org

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Programs & Services

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U.P. 2-1-1 Call Center

U.P. Area Agency on Aging (UPAAA)

Aging & Disability Resource Collaborative (ADRC)

Caregiver Resources

**Long Term Care Programs**

Overview

- UPCAP Care Management
- MIChoice Waiver Program
- Nursing Facility to Home Program
- Independent Living Options
- Eligibility
- U.P. Long Term Care Facilities Directory

Overview

**There's No Place Like Home**

Since 1974, UPCAP's mission and goals have revolved around **supporting independent living** for adults for as long as possible. View our [Success Stories for Independent Living booklet](#) featuring:

Visit [www.UPCAP.org](http://www.UPCAP.org) for more information on

## Long Term Care Programs:

- ⇒ UPCAP Care Management Services
- ⇒ MIChoice Waiver Program
- ⇒ Nursing Facility to Home Program
- ⇒ Independent Living Options
- ⇒ Eligibility
- ⇒ UP Long Term Care Facilities Directory



## Programs & Services

### Overview

### U.P. 2-1-1 Call Center

### U.P. Area Agency on Aging (UPAAA)

#### Overview

#### Programs & Services

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#### Elder Justice

#### MI Medicare/Medicaid Assistance Program (MMAP)

#### Wellness Programs

#### U.P. Senior Centers & Congregate Meal Sites

#### Links

#### May is Older Americans Month

### Aging & Disability Resource Collaborative (ADRC)

### Caregiver Resources

### Long Term Care Programs

### MI Long Term Care Ombudsman Program

### MI Medicare/Medicaid Assistance Program (MMAP)

### U.P. Distance Outreach



## Overview

### U.P. Area Agency on Aging (UPAAA)

#### *Promoting Independence & Dignity for Older U.P. Residents*

UPCAP joined the National Aging Network by becoming the Upper Peninsula's Area Agency on Aging (UPAAA) in 1974. Across the country over 670 AAAs have been established under the Older Americans Act. AAAs are in every local community to address the needs of Americans age 60 and over. By providing home and community-based services and living arrangements, AAAs make it possible for older adults to remain in their homes and communities as long as possible.

## UP Area Agency on Aging:

- ⇒ Programs & Services
- ⇒ Caregiver Resources
- ⇒ Elder Justice / Prevent Abuse & Neglect
- ⇒ MI Medicare / Medicaid Assistance Prog
- ⇒ UP Senior Centers & Meal Sites
- ⇒ UP Long Term Care Facilities Directory



## UPCAP

Dial “2-1-1” or  
1-800-338-1119



[www.upcap.org](http://www.upcap.org)



## Superior Alliance for Independent Living

1-800-379-7245

[www.upsail.com](http://www.upsail.com)

 Michigan Department of  
Health and Human Services

*Working together for you because,*

*“There’s No  
Place Like Home”*



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