

**Learn to live  
more safely  
& confidently  
at home**



1110 W. Cross St.  
Ypsilanti, MI 48197  
Visit: [ymow.org](http://ymow.org)  
Email: [info@ymow.org](mailto:info@ymow.org)  
Phone: 734-487-9669

## **What is Care on Wheels?**

- Care on Wheels is a highly individualized, 4- to 24-week intervention designed to ease the load for caregivers of YMOW clients while improving the senior's ability to live safely at home.
- Care on Wheels is open to YMOW clients who have someone who cares for them or helps them out on a limited, part-time or full-time basis.
- Care on Wheels is a free program that involves our entire care team - a social worker, occupational therapist, community health worker, nurse and handyperson.

## Interventions and Services Available

Care on Wheels clients have access to:

- Laundry support one to two times per month, based on need (for length of intervention)
- Chore support, based on need
- Case management to help connect with community resources
- Occupational therapy to offer guidance on home modifications and tips for safely moving about your home
- Nursing education and support with physical and emotional conditions, pain and medications
- Professional assistance with home modifications and installation of adaptive equipment

## Benefits for Seniors

- Learn to be more independent and take better care of yourself
- Get help with housekeeping and laundry
- Learn to safely perform household tasks
- Become more mobile and prevent falls
- Learn to advocate for yourself with doctors and others
- Learn to access community resources
- Enjoy the company of a trained household helper
- Spend more quality time with your caregiver

## Benefits for Caregivers

- Learn safer ways to provide hands-on help.
- Feel more confident and supported, even from afar.
- Enjoy peace of mind knowing household tasks are being addressed.
- Spend less time as a caregiver and more time as a loved one.
- Learn techniques to advocate for your senior.
- Help your senior by reinforcing the skills they learn from Care on Wheels.

## Expectations for Caregivers

- Speak with a YMOW team member at the beginning and end of the program. This could take 1-3 hours total.
- If possible, attend an appointment to learn/see what interventions are being implemented.
- Complete a satisfaction survey at the end of the intervention
- Consider an interview with YMOW staff about your experience

**A vast majority of appointments and calls will take place during daytime hours. Every effort should be made to keep scheduled appointments.**