

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



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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 seniors while improving the senior's ability to live safely at home.
- Care on Wheels is open to Washtenaw County seniors 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 case manager, occupational therapist, community health worker, nurse and handyperson.



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

Interventions/Services May Include

- Chore support, based on need.
- Consultation with an Occupational Therapist, which may result in home modification recommendations, tips for safely moving about your home and strategies to improve independence in daily activities.
- Nursing education and support with physical and emotional conditions, pain and medications.
- Professional assistance with home modifications and installation of adaptive equipment.
- Assistive devices such as grab bars, tub transfer benches, toilet risers and shower chairs.

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.
- Improve safety during mobility to reduce and/or prevent falls.
- Learn to advocate for yourself with doctors and others.
- Learn to access community resources.
- Enjoy the company of a trained helper.
- Spend more quality time with your caregiver.

Benefits for Caregivers

- Learn alternative strategies to improve safety of client and caregiver during 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.
- Complete brief 3- and 6-month follow-up surveys to track results.
- No cost is associated with participation in this program.