

U.P. Area Agency On Aging

- Serves as a regional focal point for services to older adults
- Evaluates the needs of the elderly and develops plans to address those needs
- Provides funding to local agencies for services and assesses the quality of the services to ensure that they are being adequately provided
- Advocates for the concerns of older adults
- Provides information and assistance to older adults



UPCAP is a local 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 Region XI (U.P.) Area Agency on Aging 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.



Providing guidance
and support
to Upper Peninsula residents
since 1961.

UPCAP

P.O. Box 606
2501 14th Avenue South
Escanaba, MI 49829

Phone: 906-786-4701
Fax: 906-786-5853

www.upcap.org



U.P. AREA AGENCY ON AGING

Promoting
Independence and Dignity
for Older U.P. Residents

Dial 2-1-1
for more information

Cell phone and payphone users
Dial 1-800-338-1119

What is an Area Agency on Aging?

Area Agencies on Aging are non-profit organizations that plan and develop services for older adults in a region of the state. 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, Area Agencies on Aging evaluate the needs of the elderly and develop 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 own homes for as long as possible.

In 1974, UPCAP Services, Inc. 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.



Older Americans Act

What Services are Available to Older Adults?

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

- Adult Day Care
- Transportation
- Caregiver Support, Training & Respite
- Care Management
- Chores Around the House
- Congregate Meals
- Elder Abuse Education and Prevention
- Health Promotion & Counseling
- Health Screening
- Help with Understanding Medicare, Medicaid, and Medigap Insurance
- Help with Prescription Drugs for Those Who Qualify
- Home Care Assistance (Personal Care Services) Including Help with Bathing, Dressing, Eating, etc.
- Home Delivered Meals (Meals on Wheels)
- Home Injury Control
- Homemaker Services
- Housing Options
- Information and Assistance
- Kinship Care Services
- Legal Assistance
- Long Term Care Options
- Ombudsman Services to Help Resolve Complaints for People Living in Long-Term Care Facilities

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

These services are available to all individuals age 60 and over. Certain services have eligibility criteria. In most cases there is no charge for the services, however donations are encouraged and accepted. For further information on which services are available in your area, contact the U.P. Area Agency on Aging.

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

In Escanaba and Surrounding Areas, Call 786-4701