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Welcome to the Holidays!

Greenery, colored lights, and festive ribbons are everywhere, and the Detroit area has already seen some snow. It's the time of year when our calendars are filled with special events and people to see. Those of us who live some distance from family members and don't see them regularly might notice a worrisome change in their health, mobility, or mental state. Is it possible someone might need caregiving soon? Are you ready?

While nobody likes to think about it, planning for caregiving is important. It's best to begin thinking about what kinds of caregiving your loved one needs – and wants – before a crisis requires immediate action. Can they stay in their home? How long can they remain independent? Are there small things you can do now to help?

For some inspiration, [check out this video](#) from "One Detroit" contributor Marty Fischhoff who explores the legal paperwork that is key to caregiving.



Warm regard,

Ed Moore  
VP of Content, Detroit PBS

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## Planning for Caregiving

Caregiving planning is an emotional process, so questions need to be raised and discussed before a crisis demands urgent action and decisions. To start your caregiving planning, Detroit PBS has assembled some downloadable booklets created by AARP in several languages and addressing special circumstances.

These guides can help start the conversation, so you'll be better equipped to navigate what can be a confusing process.

[LEARN MORE](#)

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## How Well Are They Driving?

For people over 65, their ability to remain independent is often linked to their ability to drive. According to a new poll from the University of Michigan, 85% of Michigan adults age 65 and older reported driving at least once a week in the past six months, and 61% said they drive most days. While about half said they might not be able to drive in five years, the National Poll on Healthy Aging found that only 39% of Michigan drivers age 65 and older have a plan in place for when they are no longer able to drive, lagging behind drivers age 65 and over in the rest of the country.

The University of Michigan and the State of Michigan have teamed up to promote more transportation alternatives for those who are no longer able or unwilling to drive. Brochures

about the program and its goals are available in English, Spanish, and Arabic on the Aging Driver website.

[LEARN MORE](#)

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## Caregiving Watch List

Getting together over the holidays should involve bonding time with friends and families. Here are a few options you might want to check out this month.



### [Caregiving at Home: For Some, a Growth Industry](#)

One Detroit senior producer Bill Kubota examines the burgeoning business of home healthcare, including one Clinton Township home care agency started by three firefighters who saw the challenges of taking care of aging parents at home.

[WATCH NOW](#)



### [Caregiving: A Black Church in Detroit Virtual Town Hall](#)

Caregiving is a topic that touches everyone. Millions of Americans serve as caregivers to loved ones — often without being recognized. It is both a rewarding and a demanding role. In conjunction with the documentary “Caregiving” from Academy Award-nominated actor Bradley Cooper, American Black Journal hosts a virtual town hall examining the challenges, needs and successes of being a caregiver.

[WATCH NOW](#)



### [Wine, Women, & Dementia](#)

Seeking healing and comfort in community, a dementia family caregiver road trips the U.S. to swap caregiver stories of love, humor, and devotion with other family caregivers who share this hilariously heartbreaking end-of-life journey. And in a system that offers few resources or support, they find community, champion each other, and learn what it means to celebrate LIFE on the long road to death

[WATCH NOW](#)

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## OTHER NOTES

Ageways, the Area Agency on Aging for the Greater Detroit region is offering their “Powerful Tools for Caregivers” educational program beginning early next year. Sessions are scheduled for six successive Wednesday evenings from 6:00 to 7:30 p.m., January 14th to February 18th. The program will be virtual and is free for residents of Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw Counties. To sign up, call (833) 262-2200.

Looking for particular resources or your local Area Agency on Aging? Visit the state's comprehensive MI Caregiver Connection to explore support groups, services, and other caregiving needs.

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