

# Jewish Family Services

May 24, 2023



# OUR MISSION



The mission of Jewish Family Services of Washtenaw County is to **create solutions, promote dignity, and inspire humanity.**

- **Transportation**
- **Resettlement/International**
- **Employment and Economic**
- **THRIVE Counseling**
- **Nutrition Services**
- **Community Assistance**
- **WISE/CARES**



# WISE: Washtenaw Integrated Senior Experience

## WISE Services:

- WISE Safety Net
- CARES
- WISE Choice: Fee-for-service Senior Care Management
- WISE @ the J: Luncheons, Socialization & Activities
- Comfort Calls
- Aging Solo Group
- Bereavement Group @TBE
- New American Club
- Congregation-Based Social Work
- Technology Assistance Program
- Decisions for Dignity

*Registration information will be provided at the end of the presentation.*



## Decisions for Dignity: Designing meaningful End Of Life plans with you, for YOU.

- Decisions for Dignity is a program to help older adults (60+) in Washtenaw County define and communicate their wishes for end-of-life health care and other final decisions. The program can also aid in obtaining, understanding and filling out forms as well as identifying trusted advocates to carry out Advance Directives.



# What is a Doula?

End-of-life doulas (EOLDs) provide non-medical, holistic support and comfort to people preparing for, or experiencing end-of-life, by offering education and guidance; emotional, social, and spiritual care; logistical and practical assistance, and more—before, during, and after death.



## What is a Doula? (cont.)

End-of-life doulas complement and supplement the work of family and other caregivers (including hospice providers).



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# Preparing for End-of-Life 4 Week Series

This group will meet once weekly to holistically break down considerations and issues of the following components of care:

- Emotional
- Physical
- Spiritual
- Practical





# Face-to-Face Appointments

## One-on-One counseling sessions

- Education
- Consultation
- Assistance to complete important documents

Participants will receive an "important documents" folder to keep handy.



# Special Interest Sessions

Upcoming Information session topics of interest will include:

- Funeral Planning
  - Green and Eco-friendly burials
  - Considerations for LGBTQ+ community
  - Hospice
- ...and more



## CARES: Caregiver Assessment, Respite, Education & Support

- The program supports any caregiver who cares for someone 60+
- Participants may be caring for parents, grandparents, spouses, siblings, friends, neighbors, etc.
- Caregiver may reside anywhere; care recipient must live in Washtenaw County



## CARES Services

- Assessment to determine caregivers' needs and level of strain
- Case management
- Respite care to give caregivers a break
- Educational programs of interest to caregivers
- Support groups
  - Caregiver Conversations, open to anyone caring for an older adult
  - Spousal Support Group, for those caring for a partner/significant other
- Phone Tree: peer support network for caregivers to connect with one another



# CARES Services (cont.)

- TextTalks: weekly text messages with information about caregiver resources and community programs
- Caregiver Consultations specialty counseling; billed service but can be insurance reimbursable
- Wise Choice: Fee-for-service geriatric care management (\$110 per hour)
- New program: Sharing Your Story
- Linking to other JFS services (transportation, food pantry, end-of-life doula, etc.)
- General resource advocacy and referrals to community programs



# Accessing Services

All JFS Programming: (734) 769-0209  
[info@jfsannarbor.org](mailto:info@jfsannarbor.org)

Decisions for Dignity: Sarah Russman  
[russman@jfsannarbor.org](mailto:russman@jfsannarbor.org)  
(734) 234-6398

CARES: Roberta Hirshon  
[robertah@jfsannarbor.org](mailto:robertah@jfsannarbor.org)  
(207) 233-1051

## Jot Forms:

All JFS Programming: <https://form.jotform.com/222995589144168>  
Decisions for Dignity: <https://form.jotform.com/231214836974057>  
Caregiver Conversations: <https://form.jotform.com/90025097577159>  
Spousal Caregivers: <https://form.jotform.com/223136160126141>  
Aging Solo: <https://form.jotform.com/222544880104148>  
Bereavement Group: <https://form.jotform.com/222753947101151>





**Thank You**