



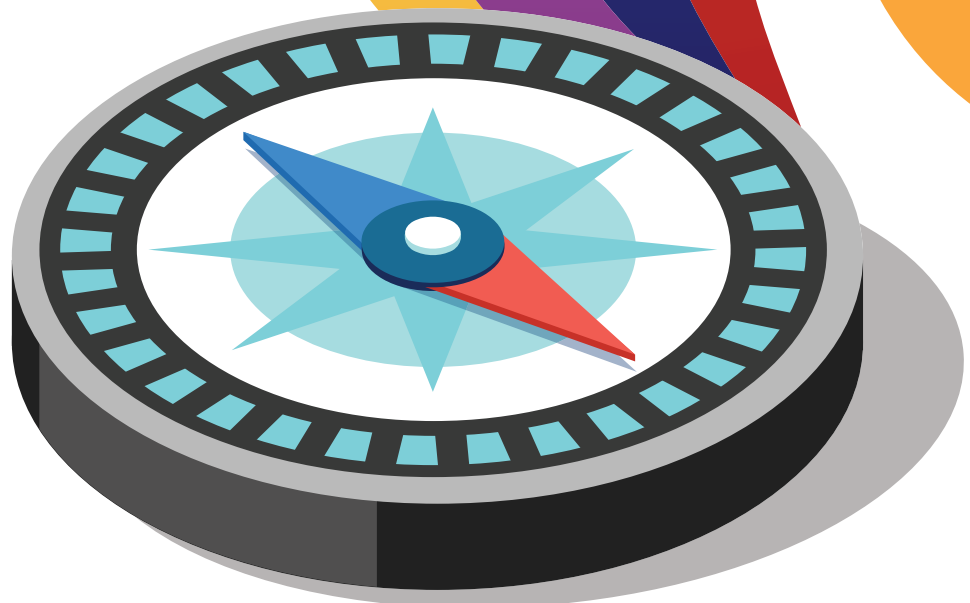
NATIONAL KIDNEY  
FOUNDATION®

of Michigan

# FINDING YOUR WAY

## CHRONIC KIDNEY DISEASE

*A Roadmap to  
understanding the  
disease, treatment  
options, and supportive  
resources.*



2026

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Published Spring 2026

Throughout this guide there are QR Codes next to each website link so you can connect to that website quickly with your mobile device. Websites and QR codes may change. If this occurs, search the internet for the most recent version.

## WHAT IS A QR CODE?

A QR Code allows you to access a website by scanning it with your smartphone or tablet.

## HOW TO USE ONE

A QR Code allows you to access a website by scanning it with your smartphone or tablet.

**1**

Open the camera on your phone. Depending on your phone type, your camera will either automatically read the QR code or you may need to download a QR reader app.

**2**

Hold your device over a QR Code so that it's clearly visible within your smartphone's screen. Two things can happen when you correctly hold your smartphone over a QR Code.

- ① The phone automatically scans the code.
- ② On some readers, you have to press a button to snap a picture, not unlike the button on your smartphone camera.

**3**

If necessary, press the button.

Your smartphone reads the code and navigates to the intended destination, which doesn't happen instantly. Your smartphone or tablet will connect to the website automatically.



Use this QR Code to access the Digital Version of this Systems Guide

Throughout this guide, there are URLs (Uniform Resource Locator) you can use to access resources like websites or files on the internet. To use a URL, type or paste it directly into a browser's address bar, or click on a hyperlink in a document or webpage.

## USING URLs

**1**

**Find the link** you want to open. It might look like blue, underlined text or a web address.

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**2**

**Move your mouse pointer over it** (or place your finger on it if using a phone or tablet).

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**3**

**Click once with your mouse** or **tap with your finger**.

**Your browser will open the webpage** so you can see the content.



Use this QR Code to access the Digital Version of this Systems Guide

# WHY WE WROTE THIS BOOK

At the National Kidney Foundation of Michigan, we know that managing life with chronic kidney disease (CKD) can be challenging. With the right tools, you can live well and do the things that are important to you. Education about kidney disease and resources are critical – especially for those newly diagnosed with CKD and their care partners. Many people are overwhelmed, and the burden is on them to research and find out about resources to help in the management of their disease. We want to make it as easy as possible for those living with kidney disease to learn what is available to help them. We wrote this book for people who live with kidney disease and need help finding resources, and for providers who assist those they serve to understand systems. This book will help readers learn about kidney disease, as well identify resources in the State of Michigan.

This book will help readers find and receive resources in the State of Michigan.

It will:

**1**

Provide clear explanations and guidance to better understand CKD

**2**

Give information on managing symptoms and making smart choices to stay healthier

**3**

Break down the application processes, and list the basic guidelines for receiving help

**4**

Offer tips on funding resources

**5**

Provide the names of agencies that typically offer specific programs and services

# WHY IS IT SO COMPLICATED TO GET HELP?

There are many challenges to getting help quickly. Social service agencies often do not have enough staff or money to respond to the many people who need help.

## **For Example:**

A person has become homeless. They call a community agency for help with food and shelter. The agency staff member first has to figure out if the caller fits into a certain kind of homelessness. There are rules about what types of people can receive the help, such as people with young children, people fleeing domestic violence, or military veterans. These rules are made by the state or federal government, which pays the agency to help the homeless through grants. Then the worker will have to learn whether the caller is living on the streets or staying with friends and family. They might ask more questions like if the caller has an income, if they have certain medical conditions, and whether the place they were staying at before they became homeless was in their name.

After these questions are answered, the worker will need to see if there is money available to help the caller. If there is, the caller will most likely need to come in for an in-depth interview and assessment. The caller will need to bring paperwork, like paystubs or bills, to prove what they are saying and then complete an application for assistance. This entire process may take days or weeks depending on how busy the agency is and how soon an appointment is available. If anywhere down the line, the agency determines it cannot help, then the person in need must begin the process all over again with a different agency.

# WHERE DOES THE MONEY COME FROM?

Non-profit organizations are typically funded through grants. These grants are given to a non-profit organization for a specific purpose and do not need to be paid back. Grants may come from the federal, state, and county government; other non-profits; or from some for-profit organizations.

Foundations are also major sources of funding. A foundation can be a for-profit or non-profit and makes grants to organizations, institutions, or individuals for charitable purposes. Individuals, families, or corporations can set up a private foundation. An example of a private foundation is the W.K. Kellogg Foundation. Private foundations must make grants each year based on a percentage of their assets.

**Most grants come with very specific rules, including what services are provided, what documentation is required and who is eligible.** Often the funder decides these rules. Non-profits must stick to the requirements and rules or risk losing the funding. However, a non-profit also may receive money through donations. These funds normally do not have restrictions, so non-profits may have more flexibility in how these dollars are spent.

This book will mostly go over programs that are supported by the federal or state government in some way. **These programs often have very strict rules because they are funded by the government.** However, non-profits exist to meet the gaps of the public and private sectors. Some receive government funding, while others only get private grants and donations. It's impossible to include all of the amazing organizations that are working to create innovative and supportive programs with private funds that meet the unique needs of all people.

For example, if you identify as LGBTQIA+ and are looking for support groups or advocacy, there are great local, state, and national non-profits to serve you like Affirmations, Equality Michigan, and the Trevor Project. Or if you are an immigrant who is looking for employment or legal resources, non-profits like Welcome Mat Detroit or the Michigan Immigrant Rights Center might be able to help you or guide you in the right direction. **However you identify and whatever help you need, there is probably a non-profit that exists to help you.** We will try to point out programs and services that meet unique communities when we can, but if you have a need and don't see yourself reflected in what is written in this book, don't stop there. You might be able to find an organization that can help by **searching the internet, asking around, and contacting United Way 211.**

## HOW CAN YOU HAVE A VOICE IN THESE PROGRAMS?

Many of the programs you will read about in this book come from the decisions of state and federal senators, representatives, and department heads. The legislature (senators and representatives) has the power to decide what is funded through federal and state budgets. They negotiate which programs they want to fund and which they don't, and may also set some rules on how these programs might be run. These people are elected directly by your votes. Departments, such as the Michigan Department of Health and Human Services or the United States Department of Education, determine the nuts and bolts of how the program will run. Either the governor or the president appoints the heads of these departments.

**You have the power** to help decide how all these programs will be run by 1) voting and 2) talking with your elected officials. Before Election Day, **research** the candidates and their positions about these programs. Vote for the candidates that you agree with. Once elected, you can **get in touch with your elected officials**. If you want them to take a certain action, like renewing funding or changing a rule. Sharing your personal experience will help the official know how the program is working and help them make up their mind. Also, if you need help, your elected officials can help problem solve and share information with you about available resources.

## You can look up the contact information for your



**State Representative here:**

<https://www.house.mi.gov/>



**US Congressperson here:**

<https://www.house.gov/representatives/>

Another thing that you can do to make sure that these programs receive the full funding that they deserve is by filling out the U.S. Census. The Census is taken every ten years and counts how many people live in the country. The most recent census was in 2020. This count helps to figure out how many representatives each state gets in the U.S. House of Representatives. It also helps calculate how much federal funding should go to each area based on the number of people living that area. When the census comes around next time, make sure you complete it and include everyone living in your home.

Voting (if you are eligible) and completing the census are your rights as Americans and part of your civic duty. They are also powerful tools that you have to help shape the country the way you want it to be. Your life and your opinions are important. You work hard to earn money and pay your taxes and you have a right to say how you think that money should be spent through your vote. To learn more about whether you are eligible to vote and to register, visit:



**To learn more about whether you  
are eligible to vote and to register, visit:**

<https://mvic.sos.state.mi.us/>

# TIPS FOR NAVIGATING RESOURCES

**1** Start seeking assistance as soon as you know you are unable to pay your bill or meet your needs. Don't wait!

**2** Contact the company or vendor directly to determine if payment plans or internal supports are offered. If no one answers the phone or you are unable to leave a message, check the agency website for a "contact us" or "how to contact" and submit an on-line request. If a staff directory is available on-line, search and reach out to a manager or director. If this is a local office that is part of a statewide or nationwide agency, search for the local office number.

**3** Contact United Way 211. This information and referral system is available in every county in Michigan as well as centers across the country. You can also live chat with an on-line representative or find resources by accessing the website at:



**211 Online here:**  
<https://mi211.org/>

**OR**



**Dial 211 or text your zip code to 898211**

**4** Use the internet to research resources and explore options.

**5** Determine if a federal, state, or county resource that addresses your need is available.

**6** Connect with a trusted source for information and guidance.

**7** Keep notes on the agencies and representatives you contacted, what was discussed, and the date and time of the call.

# TIPS FOR NAVIGATING RESOURCES

8

If you feel comfortable, let the representative know if you identify with a specific group or population (i.e. veteran) or have experienced a particular circumstance (i.e. homelessness, foster care). These distinctions may open doors to other resources and programs. You can also see if there are specific resources made available to groups that you identify with by reaching out to non-profit groups and advocacy groups that specifically support those groups.

9

Understand that certain intake and application processes may be required to receive assistance.

10

Ask what documents you need for appointments, and make sure to take them to your appointments.

11

Resources and services may require that you meet specific criteria in order to receive their assistance.

12

Resources may be limited at this time so be open to flexible problem solving and developing alternate plans.

## DISCLAIMER

There are no guarantees that you will be able to find a resource to meet your needs. Programs and services may run out of funds or close. The requirements to receive help and the process you must follow may also change. It may take a lot of time and effort to get an answer to your request for help. In the end, you will still need to come up with another plan as resources are limited and systems are complicated.

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# YOUR KIDNEYS AND YOU



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# YOUR KIDNEYS AND YOU

## What are the kidneys?

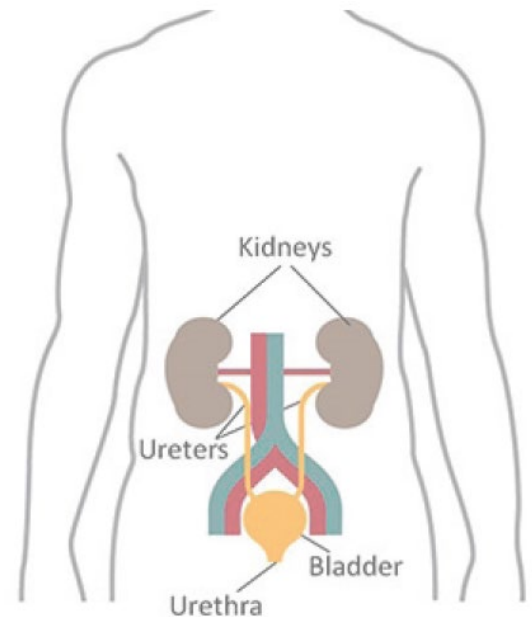
Your kidneys are two bean-shaped organs. Each is about the size of your fist. They are in the middle of your back, just below the rib cage.

Your kidneys are a filtering system. Think of your kidneys as coffee filters. When you make coffee, the filter keeps the coffee grounds inside, but allows water to pass through. Your kidneys do something similar. They keep the things you need inside your body, but filter out things you don't need.

Each of your kidneys has millions of filters called "nephrons." Nephrons remove wastes and extra fluid from your blood in the form of urine. The urine flows through two tubes, called ureters, to the bladder. The urine is stored there until you go to the bathroom.

Your kidneys do other important jobs:

- Balance your body water and other chemicals in your blood, such as sodium, potassium, phosphorus, and calcium.
- Release hormones into your blood to help your body to:
  - Control blood pressure.
  - Make red blood cells.
  - Keep bones healthy.



### *Learn More About Your Kidneys*

Get the answers to your kidney questions using NKF's Kidney Pathways. Our online curriculum will give you individualized information about your kidney health. Go to the URL below and answer a few questions to get started.

Visit NKF's Kidney Pathways. [kidney.org/kidney-pathways](https://www.kidney.org/kidney-pathways)

## What is chronic kidney disease?



**Chronic kidney disease (CKD)** includes conditions that damage your kidneys. When your kidneys are damaged, they cannot filter your blood the way they should. This damage can cause waste to build up in your body.

### *Symptoms*

In the early stages of CKD, there are often no symptoms. As the disease progresses, you might notice:

- More frequent urination, especially at night.
- Difficult or painful urination.
- Puffiness around eyes, swelling of hands and feet, especially in children.
- Feeling more tired or having less energy.
- Trouble concentrating.
- Dry and itchy skin.
- Blood in your urine or foamy urine with lots of bubbles.
- Muscle cramping from electrolyte imbalances.
- Loss of appetite or vomiting.
- Shortness of breath from fluid accumulation.
- Jaundice (yellowing of eyes/skin).

### *CKD Risk Quiz*

Did you know that 33% of American adults are at risk for kidney disease? In one minute, you and your loved ones can learn more about kidney disease

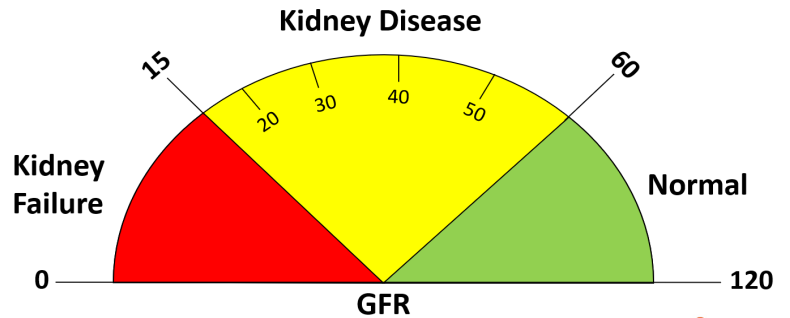
Take the CKD Risk Quiz. [kidneymi.org/kidney-quiz](https://kidneymi.org/kidney-quiz)

# Know Your Numbers: How is CKD diagnosed?

There are two tests that make up your Kidney Profile:

## Estimated Glomerular Filtration Rate (GFR or eGFR):

- Blood test.
- Measures your kidney function, or how well your kidneys are filtering your blood.
- A GFR of 60 or *higher* is normal.



## Urine Albumin to Creatine Ratio (ACR or uACR):

- Urine test.
- Measures kidney damage, or how much albumin (a type of protein) is passed into your urine.
- Healthy kidneys do not let albumin pass into the urine. Damaged kidneys let some albumin pass into the urine.
- An ACR of 30 or *lower* is normal.

ACR Number	ACR Level
Less than 30	A1 – Normal to mildly increased
30 - 300	A2 – Moderately increased
300 or higher	A3 – Severely increased







### Track Your Kidney Numbers

If you don't know your kidney numbers, ask your provider. Track your results:

My GFR: \_\_\_\_\_ Date: \_\_\_\_\_

My ACR: \_\_\_\_\_ Date: \_\_\_\_\_

## Stages of CKD

STAGES OF KIDNEY DISEASE			
STAGE	DESCRIPTION	GLOMERULAR FILTRATION RATE (GFR)	KIDNEY FUNCTION
1	Kidney damage (e.g., protein in the urine) with <b>normal</b> kidney function	90 or above	 90-100%
2	Kidney damage with <b>mild loss</b> of kidney function	60 to 89	 60-89%
3a	<b>Mild to moderate</b> loss of kidney function	45 to 59	 45-59%
3b	<b>Moderate to severe</b> loss of kidney function	30 to 44	 30-44%
4	<b>Severe loss</b> of kidney function	15 to 29	 15-29%
5	Kidney <b>failure</b>	Less than 15	 Less than 15%

When can I be evaluated for a transplant?

Transplant discussions with your doctor can begin as early as a GFR of 30. You may be able to have a transplant before ever needing dialysis. This is called an early or preemptive transplant.

# UNDERSTANDING MEDICAL TERMS AND TREATMENTS

## Who is my new medical team?

Getting to know your medical team is very important to successful navigation of the health care system. Know the contact information and key phone numbers for your team. Be sure to notify your team of any medication changes or plans for travel. Write down the names and contact information of everyone you speak with about medical concerns. And most importantly, be persistent. When you have pressing questions or concerns about your kidney disease outside of your scheduled visits, you can reach out to your medical team:

- **Primary Care Provider:** Your main doctor for overall health and regular check-ups.
- **Nurse Practitioner:** A healthcare professional who can diagnose, treat, and help manage your care.
- **Social Worker:** Helps with emotional support, resources, and practical needs like insurance or community programs.
- **Nephrologist (kidney doctor):** A doctor who specializes in caring for your kidneys.
- **Endocrinologist (diabetes doctor):** A doctor who specializes in diabetes and hormone-related conditions.
- **Pharmacist:** Pharmacists can answer questions about prescription and non-prescription medications, and know which medications interact. They can give you information on how to store and best manage your medications.
- **Occupational Therapist:** help people with chronic disease or disabilities participate in meaningful daily activities. Occupational therapist may help with improving your in-home and community mobility, assistance with hemodialysis, home safety recommendations and falls prevention.

## Building Your Support System

Adjusting to kidney disease can be hard, and feeling down is common. Lean on your healthcare team, family, friends, and peer mentors. Talking with others who have kidney disease can help and staying connected makes coping easier.

- **Peer Mentor:** Someone with personal experience managing kidney disease who offers support, guidance, and encouragement.
- **Support Group:** This is a group of people who help each other by sharing experiences and advice about a common challenge, like kidney disease.
  - **Supporting Our Chronic Kidney Struggles “SOCKS” Support Group:** The National Kidney Foundation of Michigan has a virtual support group for people with kidney disease to share experiences, challenges, and successes with others like you.
    - [Kidney Disease Support Group | National Kidney Foundation of Michigan](#)
  - **Transplant Teenz:** Transplant Teenz is a nationwide virtual peer support community for teenagers (7th-12th Grade) who have undergone or are awaiting organ transplants.  
<https://www.transplanttz.org/>

# IMPORTANT LAB VALUES

The following tests may be used to check your, kidneys function, nutrition status, and general health. Ask your healthcare team which tests you will have and how often they will be done. If your numbers are not in the normal range, ask how to improve them.

Note: Ask your doctor about your specific targets for labs. They may be different.

Lab Tests	Normal Results	Why is it Important	What you can do to impact it
<b>Urine Albumin (ACR)</b>	<b>&lt;30 mg/g</b> Anything above that may mean you have kidney disease.	It is a urine test to see if you have kidney damage. This test helps you know if your kidney function is staying the same or getting worse.	Work with your primary care provider or nephrologist to slow the progression of kidney disease
<b>Serum Creatinine</b>	A creatinine level around <b>1.0</b> is normal in most people, but can differ based on age, race, and body size.	Creatinine is a waste product in your blood that comes from normal work of your muscles. Serum (blood) Creatinine measures your kidney function. As kidney disease gets worse, the creatinine goes up	For people with CKD: work with a nephrologist to slow the progression of kidney disease. Follow the tips on page 5 of this reference to keep healthy.
<b>Glomerular Filtration Rate (GFR)</b>	See page 4 for a list of the Stages of Kidney Disease by GFR.	GFR estimates how well your kidneys are filtering blood (removing excess fluid and wastes) As kidney disease gets worse the GFR goes down.	For people with CKD: work with a nephrologist to slow the progression of kidney disease.
<b>Blood Urea Nitrogen (BUN)</b>	Normal: Less than 20	BUN checks how much urea, a waste product, is in your blood.	For people with CKD: work with a nephrologist to slow the progression of kidney disease.

## Important Lab Values - continued

Note: Ask your doctor about your specific targets for labs. They may be different.

Lab Tests	Normal Results	Why is it Important	What you can do to impact it
<b>Kt/V</b>	A higher number is better. Minimum of 1.2 for HD; 2.0 for peritoneal dialysis.	This helps know if you are getting enough dialysis/if your dialysis prescription is working for you.	Increase your treatment time, go to all dialysis treatments, do not cut your treatment short.
<b>Calcium</b>	Normal: 8.6 to 10.3	Calcium keeps your bones strong and your heart rhythm steady. CKD can lower the amount of calcium in your bones.	Follow your renal diet and medication regimen given to you by your renal dietitian.
<b>Phosphorus</b>	Normal: 2.7 to 4.6	Phosphorus is important for strong bones and healthy blood vessels. High levels may cause soft bones, hard blood vessels and itchy skin.	Follow your renal diet. Take a phosphate binding medication with meals and snacks.
<b>Potassium</b>	Normal: 3.5 to 5.0	Potassium affects how your nerves and muscles are working. High or low levels can be dangerous.	Restrict potassium in diet. Complete all dialysis treatments.
<b>Vitamin D</b>	Normal: 30 or more	Vitamin D is important for bones and heart health.	May require Vitamin D supplement.

## Important Lab Values - continued

Note: Ask your doctor about your specific targets for labs. They may be different.

Lab Tests	Normal Results	Why is it Important	What you can do to impact it
<b>Blood Pressure</b>	For people with diabetes or kidney disease, a blood pressure of <b>130/80</b> or above is considered high.	High blood pressure can cause damage to blood vessels, increases risk for heart and blood vessel disease	Check blood pressure regularly, eat a lower sodium diet, quit smoking, exercise, and take blood pressure medications
<b>Blood Sugar and A1C (Diabetes tests)</b>	<b>Before meals:</b> 90-130 mg/dL <b>2 hours after a meal:</b> Below 180 mg/dL <b>A1C</b> —Around 7% if you have diabetes	Over time, high blood sugar can cause these blood vessels to get narrow and clogged, which can make your kidneys filter less.	Control blood sugars (and blood pressure), follow diet recommendations, take all diabetes medications as prescribed
<b>Cholesterol</b>	<b>Total:</b> less than 200 mg/dL <b>HDL:</b> 60mg/dL or higher for Females 55mg/dL or higher for Males <b>LDL:</b> less than 100 <b>Triglycerides:</b> less than 150	A high cholesterol level may increase your risk of having heart and blood vessel disease. However, a cholesterol level that is too low may mean you are not eating well enough to stay healthy.	Follow a Mediterranean diet, exercise

# COMMON MEDICATIONS

It's important to utilize your pharmacist. Pharmacists can answer questions about prescription and non-prescription medications, and know which medications interact. They can give you information on how to store and best manage your medications. Using the same pharmacy is a good idea. You can develop a relationship with the pharmacist, and they will have a record of your prescriptions. Be sure your pharmacist knows you have kidney disease.

Drug Class	Generic Name	Brand Name	Function
Phosphate Binder Agents	Calcium Acetate Calcium Carbonate Sevelamer chloride Sevelamer carbonate Lanthanum carbonate Ferric citrate Sucroferric oxyhydroxide Tenapanor	Phoslo Tums Renagel Renvela Fosrenol Auryxia Velphoro Xphozah	Prevent phosphorus absorption by binding phosphorus in the gut
Calcimimetic agents	Cinacalcet (oral) Etelcalcetide (IV)	Sensipar Parsabiv	Lower levels of PTH- a hormone that causes loss of bone, bone pain, increased urination, kidney stones & may cause itching
Vitamin D agents	Calcitriol (oral or IV) Doxercalciferol (oral or IV) Paracalcitol (oral or IV) <i>IV given during Hemodialysis (HD)</i>	Rocaltrol Hectorol Zemplar	Can reduce PTH and improve bone health
Vitamin Supplements	Oral kidney-specific multivitamin mix (particularly water-soluble vitamins C, B, and folic acid)	NephroVite NephroCaps	Replaces some of the vitamins and minerals lost in dialysis.

## Common Medications - continued

Drug Class	Generic Name	Brand Name	Function
Iron Supplements	Iron dextran (IV)	Infed, Dexferrum	Replaces iron needed to produce red blood cells and decrease risk of anemia
	Iron gluconate (IV)	Ferrlicet	
	Iron sucrose (IV)	Venofer	*Auryxia is also a phosphate binder
	Ferumoxytol (IV)	Feraheme	
	Ferric carboxymaltose (IV)	Injectafer	
	Ferric citrate (oral)	Auryxia*	
	Ferric maltol (oral)	Acrufer	
	Ferrous sulfate, gluconate and fumerate (oral)	All generic	
	<i>IV given during Hemodialysis (HD)</i>		
Erythropoietin Stimulating Agents (ESAs)	Epoetin alpha	Procrit, Epogen	Causes bone marrow to make more red blood cells (treats anemia)
	Darbepoetin alpha	Aranesp	
	Methoxy polyethylene glycolepoetin beta	Mircera	
	<i>IV given during HD, also can be given subcutaneously at home</i>		
Immunosuppress-ants	Multiple classes Prednisone	Multiple brands Deltasone	Suppress your immune system. Keeps the immune system from harming a transplanted organ

## Common Medications - continued

Drug Class	Generic Name	Brand Name	Function
Potassium-binding agents	Sodium polystyrene Sulfonate Patiromer Sodium zirconium cyclosilicate	Kayexalate Veltassa Lokelma	Used to treat high levels of potassium in the blood to prevent heart arrhythmias and sudden death
Hypertensive Medications	Multiple classes	Multiple brands	Lower blood pressure to help protect against heart disease, stroke, further kidney damage
Cholesterol- lowering medications	Statin drugs (examples) Simvastatin Atorvastatin Rosuvastatin Pravastatin  Ezetimibe (used with statins)	Zocor Lipitor Crestor Pravachol  Zetia	Lower cholesterol levels in the blood to decrease the risk for atherosclerotic vascular and heart disease
Antiplatelet Agents	Aspirin Clopidogrel Ticlopidine Prasugrel Ticagrelor Dipyradamole/aspirin	Plavix Ticlid Effient Brilinta Aggrenox	Decrease clumping of platelets thinning the blood, often used for heart and stroke protection

## Common Medications - continued

Drug Class	Generic Name	Brand Name	Function
ACE Inhibitor (ACEi)	Lisinopril Benazepril Captopril Enalapril	Zestril, Prinivil Lotensin Capoten Vasotec	Lowers blood pressure, Slows kidney damage, decreases protein found in urine, lowers the risk of heart complications and death.
Angiotensin Receptor Blockers (ARBs)	Losartan Valsartan Irbesartan Olmesartan	Cozaar Diovan Avapro Benicar	Lowers blood pressure, Slows kidney damage, decreases protein found in urine, lowers risk of heart complications and death.
SGLT2 Inhibitors	Empagliflozin Dapagliflozin Canagliflozin	Jardiance Farxiga Invokana	Slows kidney damage and lowers risk of heart complications and death.
Nonsteroidal mineralocorticoid receptor antagonist (MRA)	Finerenone	Kerendia	Slows kidney damage, lowers risk of heart complications and death.
GLP-1 RA	Semaglutide	Ozempic, Wegovy	Lowers blood glucose, decreases protein found in urine, lowers risk of heart complications, promotes weight loss.

# TREATMENTS OPTIONS

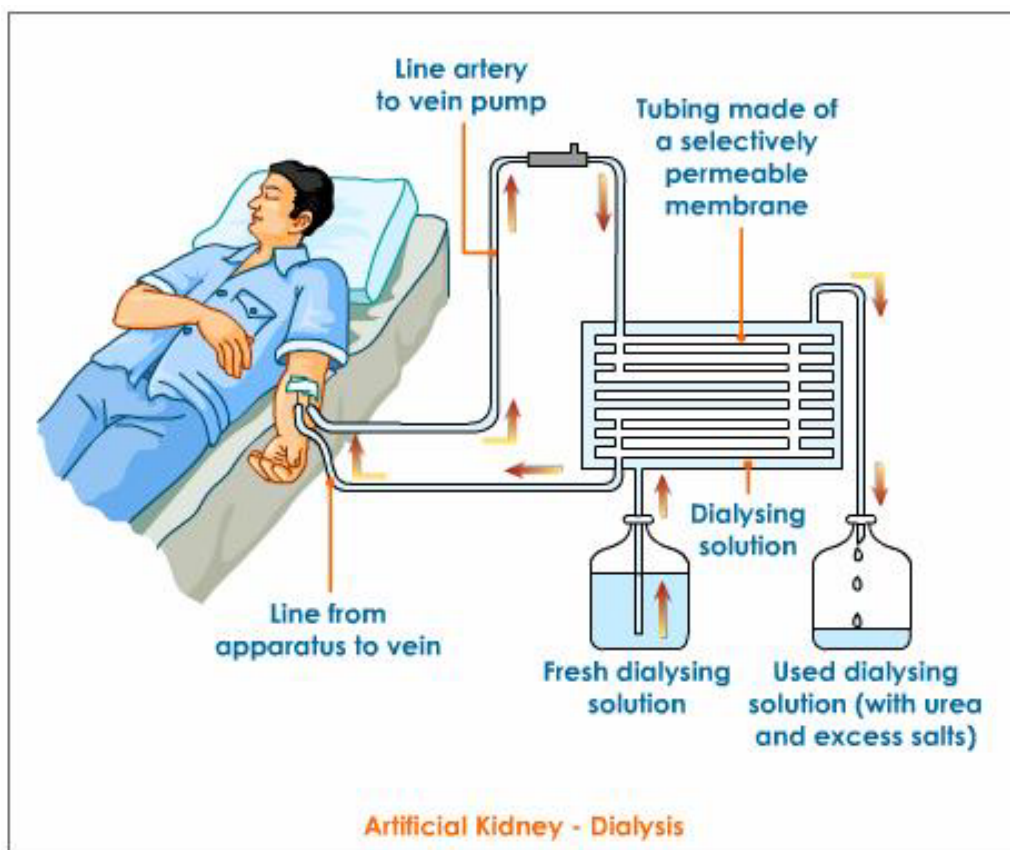
Treating kidney disease is a personal choice. Many people choose a transplant or dialysis, but there are other options too.

## Hemodialysis

In hemodialysis, an artificial kidney (a machine called a hemodialyzer) filters your blood. To use the artificial kidney, you need to have surgery to put in an access (or entrance) into your blood vessels.

Types of access sites are:

- **Fistulas:** Formed by joining a vein and artery. A fistula is the preferred method of access. It requires 3-4 months to mature so early planning is important.
- **Grafts:** Formed by putting in a soft tube to connect a vein and artery.
- **Catheters:** Can be placed for immediate use, typically in the neck, chest, or groin.

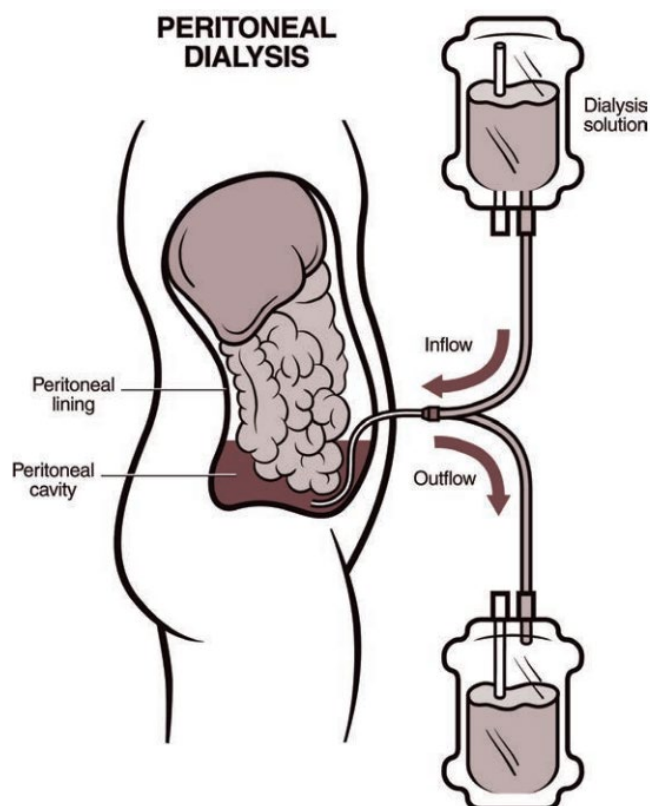


Hemodialysis can be done at a **dialysis center** or at **home**. At a dialysis center, hemodialysis is usually done 3 times per week for about 4 hours each time. At home, you can dialyze 3-4 times per week, choose short daily sessions, or at night.

## Peritoneal Dialysis

In peritoneal dialysis (PD), the lining of your abdomen (peritoneum) filters your blood. PD is done every day and can be done at home, at work, or when traveling.

To do PD, you will need a minor surgery to put a catheter (small tube) inside your abdomen. The tube is about the size of a drinking straw. You put PD fluid (also called dialysate) into your belly through the catheter. The fluid sits inside of you and collects waste and water, then you drain it out and put in fresh fluid. This process of draining and filling is called an exchange.



There are two main kinds of peritoneal dialysis:

- **Automated Peritoneal Dialysis (APD):** A machine called a cycler fills your belly with fluid then empties it out. Most people do this at night during sleep, but it can also be done during the day.
- **Continuous Ambulatory Peritoneal Dialysis (CAPD):** The exchange is done by hand, without a machine. A bag of dialysate is put into the catheter, then drained back out several hours later. The exchange is typically done several times throughout the day, and each exchange takes about 20-30 minutes.

# Kidney Transplant

## ● How to Get an Evaluation

**Don't count yourself out!** The first step in the kidney transplant process is to be evaluated at a transplant center. Typically, the process can start when your GFR is at 30. You may be able to have an early or preemptive transplant.

If you are interested in getting a kidney transplant, there are two ways in which you can begin the evaluation process:

### 1. Self-referral

Some transplant centers will also allow you to self-refer. This means you can contact them directly and don't have to wait for a doctor to refer you to one.

### 2. Provider referral

You can reach out to one of your healthcare providers, such as your nephrologist (kidney doctor) or a provider at your dialysis center. Ask them to refer you to a transplant center.



***Remember: it's your choice which transplant center you want to go to.***

# Local Transplant Centers

The following are kidney transplant centers in Michigan:



C. S. Mott Children's Hospital

Ann Arbor, MI 48109

<https://www.uofmhealth.org/our-care/specialties-services/kidney-transplant-pediatric>

734-615-2040



Children's Hospital of Michigan

Detroit, MI 48201

<https://www.childrensdmc.org/services/transplant-center/>

[kidney-transplant-process-and-resources](https://www.childrensdmc.org/services/transplant-center/kidney-transplant-process-and-resources)

888-362-2500



Corewell Health Transplant Center (formerly Beaumont Hospital)

Royal Oak, MI 48073

<https://www.beaumont.org/treatments/> kidney-transplant

800-253-5592



Helen DeVos Children's Hospital

Grand Rapids, MI 49503

<https://corewellhealth.org/care-and-specialties/childrens/helen-devos-childrens-hospital/>

[nephrology](https://corewellhealth.org/care-and-specialties/childrens/helen-devos-childrens-hospital/nephrology)

616-267-2400



Henry Ford Transplant Institute

Detroit, MI 48202

<https://www.henryford.com/services/transplant/kidney>

313-916-1269



Henry Ford St. John Transplant Specialty Center

Detroit, MI 48236

<https://www.henryford.com/locations/st-john-hospital-medical-pavilion-two/kidney-transplant>

313-343-3047



Trinity Health Kidney Transplant Center

Grand Rapids, MI 49503

<https://www.trinityhealthmichigan.org/services/kidney-transplants>

616-685-6222



University of Michigan Health Transplant Center

Ann Arbor, MI 48109

<https://www.uofmhealth.org/conditions> -treatments/transplant

800-333-9013

## Transplant Evaluation Process

You will have a comprehensive evaluation to see if you are a candidate for transplant. Each transplant center has its own guidelines for deciding if you are a good candidate for a kidney transplant.

At any center, your evaluation will include:

- Review of your medical and surgical history.
- Physical exam.
- Psychosocial exam.
  - The purpose of this exam is to make sure you are not only physically but emotionally prepared for the surgery, post-transplant care, and for living with a new kidney.
- Blood tests.
- Other clearance testing.

Your transplant team may include:

- Transplant coordinator.
- Social worker.
- Surgeon.

The evaluation process usually takes a full day. Several days or weeks after the evaluation, the transplant center will contact you with their decision. You might be listed right away, the transplant center might need further evaluation, or they might decide that you are not a candidate at this time.

## Stay Active on the Transplant Waiting List

It's important to know your listing status and have a system for tracking information about your transplant journey.

*Keep track of:*

- ✓ The dates you are referred, evaluated, listed, and closed.
- ✓ Your evaluation letter.
- ✓ What testing is needed (annual and additional testing).
- ✓ The name and contact number of your transplant coordinator.
- ✓ If your listing status is closed, know why you were closed and if you can be reconsidered at a future date.



*Stay connected.* Call your transplant coordinator when you change your address or contact information, complete a test, are hospitalized, start antibiotics, or experience other life changes.

*Know your listing status.* There are many reasons why you could be put on hold: receiving a blood transfusion, non-working phone number, out of date testing, illness, surgery, missed or canceled appointments, and more.

*Continue treatment.* Keep up with your prescribed medications and medical appointments throughout the process.

*Seek support.* Your transplant social worker can help you through the transplant process. Also, think about who in your life can help you keep track.

### Write Down Your Contact Numbers

#### **Transplant Coordinator**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

#### **Transplant Social Worker**

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

# How to Pay for Transplant



**Medicare** covers about 80% of the costs associated with an evaluation, transplant surgery, follow-up care and anti-rejection medicines. Medicare will also cover all living donor medical expenses if someone is interested in donating to you.

However, your post-transplant expenses paid for by Medicare may only be covered for a limited time.

**Private insurance**, such as the insurance provided by your employer or state insurance programs like Medicaid, will typically cover the costs of the transplant process as well.



## Questions about coverage?

### Talk with your transplant social worker.

You can learn more from your transplant social worker at evaluation. Each person's situation may be different. Do not let concerns about costs stop you from pursuing transplant before discussing all your options with a social worker.

Financial Resources for Transplant: One of the most significant concerns for transplant patients is the cost of the procedure and related medical expenses. Fortunately, several financial assistance programs can help:



- Children's Organ Transplant Association (COTA): For pediatric and young adult patients, COTA assists families in raising funds for transplant-related costs.  
<https://cota.org/>



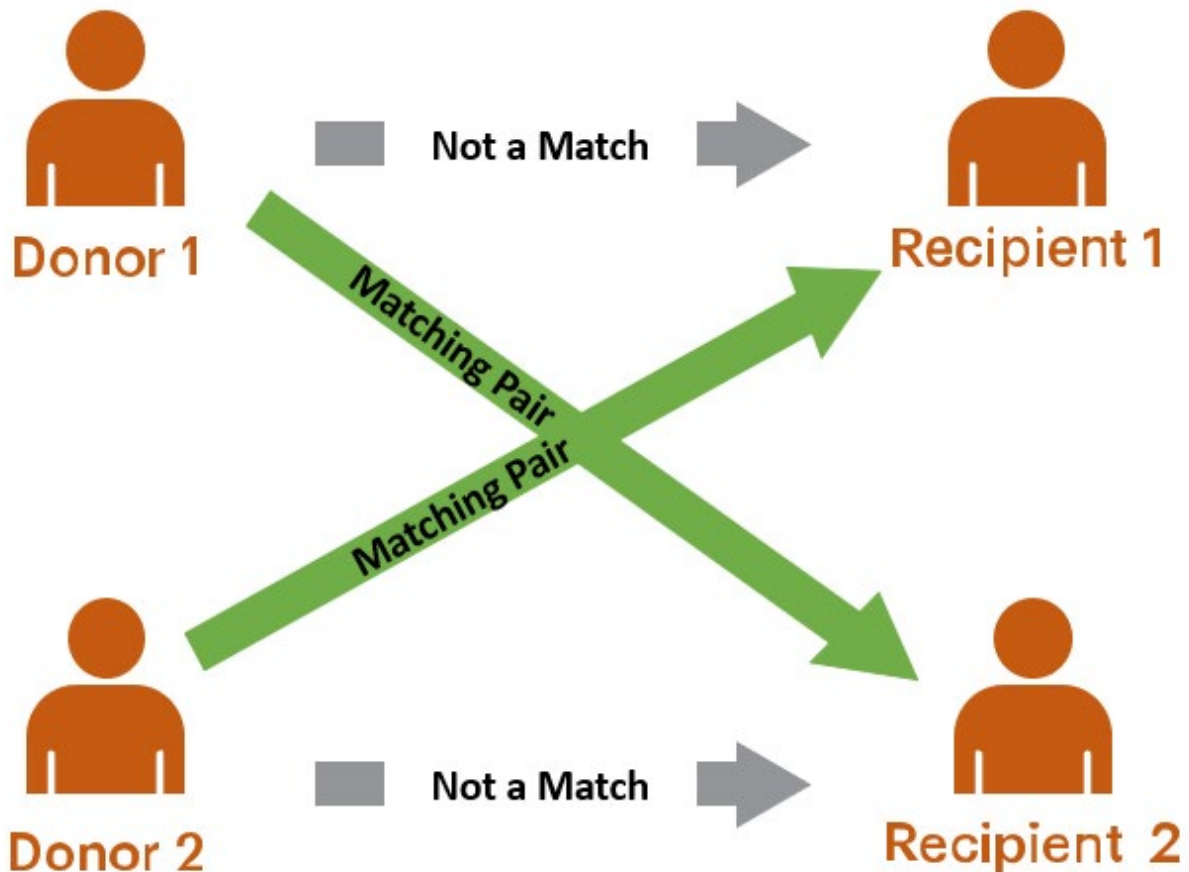
- Help Hope Live: This nonprofit provides fundraising assistance to transplant patients to help cover costs that insurance may not cover, such as medications, travel, and post-transplant care.  
<https://helphopelive.org/>

- Michigan Medicaid and Medicare Programs: Depending on income and medical conditions, transplant patients may qualify for state and federal healthcare coverage to help offset medical expenses.
- Hospital-Based Financial Assistance: Many transplant centers offer financial counselors who can help navigate insurance coverage and identify financial aid opportunities.

## Paired Donation

Your living donor does not have to be a perfect match for you. A living donor can be a family member, friend, acquaintance, or someone you have never met.

If you have a willing donor who is not a match for you, paired donation may be an option. Your potential donor could be a match for someone else who is waiting for a kidney. If that individual has a potential donor who is a match for you, then a paired donation could occur. In other words, you can swap kidneys so that both people receive a transplant.

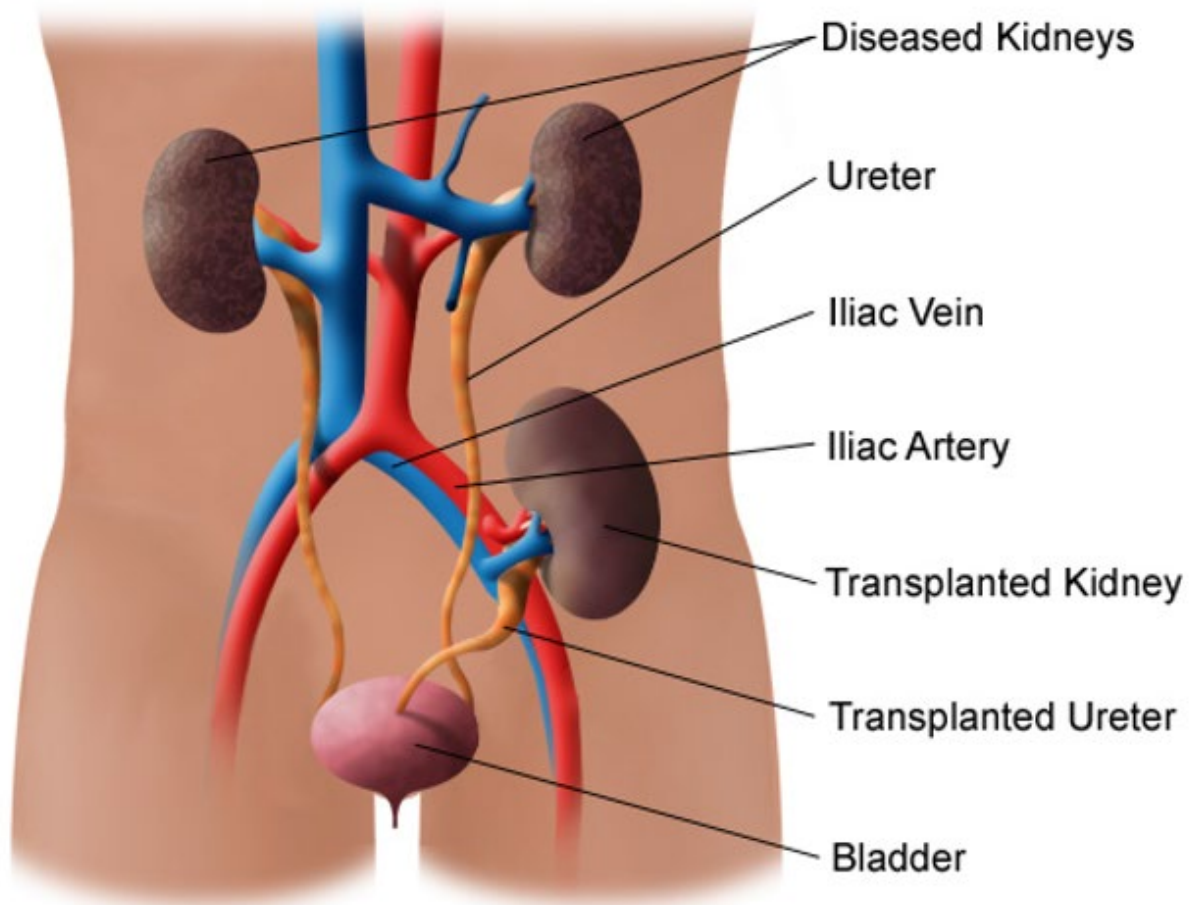


### *Learn about Living Donation*

**The Big Ask, The Big Give** workshop provides education on living donor transplants and dispels myths. It teaches participants how to tell their personal story and use social media to search for a living kidney donor.

**Sign up for a free workshop:** [nkfm.org/bigaskbiggive](http://nkfm.org/bigaskbiggive)

## Kidney Transplant



The donated kidney is placed into your lower abdomen (belly) where it's easiest to connect to your important blood vessels and bladder. The operation takes about four hours.

Your own kidneys ("native kidneys") are usually not taken out when you have a transplant. The surgeon leaves them where they are unless there is a medical reason to remove them.

### **After Surgery:**

You will be sore at first, but you should be out of bed in a day or so. Most people come home from the hospital within a week. If the kidney came from a living donor, it should start to work very quickly.

A kidney from deceased donation can take longer to start working—days to weeks or more. This is called "delayed graft function." If that happens, you may need dialysis until the kidney begins to work.

## Life After Transplant

After your transplant surgery, take these important steps to care for your new kidney:



**Take your anti-rejection medication daily.\***



**Stay physically active.**



**Eat a healthy diet.**



**Stay in touch with your transplant team.**



**Stick to your recommended schedule of clinic visits and tests.**

*\*What are anti-rejection medications?*

Anti-rejection (immunosuppressant) medications lower your body's immune response so that it does not "attack" your transplanted kidney. After a transplant, you have to take anti-rejection medications as prescribed to prevent rejection.

## Conservative Care

- According to the National Institute of Diabetes and Digestive and Kidney Disease ([NIDDK](#)), conservative care for kidney failure focuses on managing symptoms without dialysis or a transplant.
- Some people decide that dialysis or a transplant isn't the right choice for them because:
  - They have other serious health problems.
  - They want to focus on comfort instead of treatments that might be hard on the body.
  - They don't qualify for home dialysis options and prefer not to go to a dialysis center.
- Instead of replacing kidney function, conservative care professionals work to slow the progression of kidney disease and manage symptoms using diet and medications.
- Starting the conversation about conservative care can be easier by talking to your doctor early, involving family or caregivers, documenting your wishes with an Advance Directive or Physician Orders for Life-Sustaining Treatment (POLST), and choosing a healthcare power of attorney to make decisions if needed.
- 

## For more education on transplant and treatment options, visit:

[My Transplant Coach](#)

[UNOS Kidney Transplant Learning Center](#)

[Kidney Learning Center: Choosing a Treatment Option](#)

# LIVING WELL WITH CKD

## Goals for taking care of your kidneys:

- Keep your numbers in check: Try to keep your blood pressure, blood sugar (if you have diabetes), cholesterol, and fats in a healthy range.
- Take your medicines: Take all your medications as your doctor tells you, especially for blood pressure and diabetes.
- Get help when needed: Talk with a dietitian or your healthcare team for advice on food and protein choices.
- Protect your kidneys: Avoid pain medicines like such as ibuprofen, naproxen, Advil, Aleve that can hurt your kidneys, and always tell your healthcare providers that you have kidney disease.
- Stay healthy: Be active and don't smoke.
- Keep track of your medicines: Make a list of all your medications, vitamins, and supplements, and bring it to every appointment.
- Be safe with tests: Let your doctors know you have kidney disease before any scans or tests that use special dyes like MRIs or CT scans.
- Eat in a kidney-friendly way: Follow your kidney diet and fluid limits, limit salt, avoid extra protein like bars or shakes if you're not on dialysis, and choose more plant-based proteins like beans and tofu.

## My Kidney Action Plan

Kidney disease means your kidneys aren't working properly. But, with early action and a clear plan, you can feel better, avoid health issues, and delay dialysis or transplant. This action plan breaks big goals into small, easy steps. Talk with your doctor about your kidney health, choose a goal that matters to you, and take it one step at a time. Every small step you take is a step in the right direction, and your success gives you the confidence and energy to make the next change!



You can find the My Kidney Action Plan here:

<https://nkfm.org/wp-content/uploads/2026/02/My-Kidney-Health-Plan-2.pdf>



# My Kidney Disease Action Plan

Kidney disease means your kidneys aren't working properly. But, with early action and a clear plan, you can feel better, avoid health issues, and delay dialysis or transplant.

This action plan breaks big goals into small, easy steps. Talk with your doctor about your kidney health, choose a goal that matters to you, and take it one step at a time. Every small step you take is a step in the right direction, and your success gives you the confidence and energy to make the next change!

## My current lab results

Today's Date: \_\_\_\_\_ Next Visit Date: \_\_\_\_\_

eGFR (blood test to measure kidney function): \_\_\_\_\_

uACR (urine test to measure protein): \_\_\_\_\_

Other (blood Pressure, A1C, etc.): \_\_\_\_\_

## 1. Decide on your first goal (choose one):



Be more active



Monitor / improve blood sugar



Drink more water



Eat healthier



Reach a healthier weight



Create your own goal:



Quit smoking



Improve blood pressure

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Create your action plan

Make your goal easy and personal. Answer the questions below to create a clear plan.

a. What (be specific, like walking or reducing salt (sodium) intake):

\_\_\_\_\_

b. How much (include time, distance, or amount, like 20 minutes, 3 blocks, or once a week):

\_\_\_\_\_

c. When (time of day or specific days, like during lunch breaks or Mondays and Tuesdays):

\_\_\_\_\_

d. How often (how many days a week? Example: aiming for three days is better than every day, missing one won't feel like failure):

---

### 3. Check your confidence

On a scale of 0 to 10, how confident are you that this plan will help you meet your goal?  
Please circle your answer. 0 = not at all 10 = very confident



If your number is below 7, what changes can you make to your goals to help you succeed and feel more confident?

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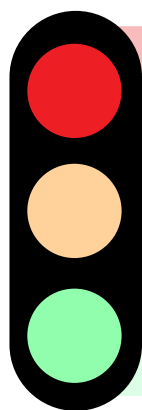
### 4. Reward yourself

Celebrate your progress with meaningful rewards, like spending time with loved ones, enjoying a hobby, watching a movie, or cooking a special meal.

When I reach my goal, I will:

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### Warning signs and other things you can do



**Swelling, hard time breathing, chest pain - these could be signs of a serious problem. Go to the emergency room or call 911.**

**Loss of appetite or unusual tiredness- Call your doctor.  
You might need to change your care or get checked**

**Keep taking your medicine, follow your kidney-friendly diet, watch for any changes in your health, and don't miss your doctors' visits.**

The National Kidney Foundation of Michigan is here to help! We offer programs and services to support healthy living goals and specific resources to help guide you through your kidney health journey.

[www.nkfm.org](http://www.nkfm.org) | 800-482-1455

This document was updated February 2026.



## Nutrition Resources

- Working with a Dietitian for Kidney Disease: What You Need to Know
- If you have kidney disease, find out if your insurance will pay for visits with a registered dietitian. Ask your kidney doctor (nephrologist) for a referral to a dietitian who can work with your healthcare team. Dietitians are experts in food and nutrition. They can make a plan that fits your health, lab results, food likes, and goals. Visiting a dietitian regularly is very important – especially if you are on dialysis. Even if you were just diagnosed, a dietitian can help you understand your habits, set realistic goals, and support you in taking care of your kidneys.
- Find a Renal Dietitian
  - You can search for a registered dietitian in your area by visiting: [NKF Council on Renal Nutrition](#)
- What to Expect from Your First Visit
  - The first session with a renal dietitian is all about getting to know each other and understanding your needs. Think of it like building a relationship—you should feel comfortable and heard. During this visit, you'll talk about your current habits and what you want to work on, so you can create a plan that fits you.

## Nutrition for CKD

### ● Choose foods with less salt and sodium.

Sodium is a mineral found naturally in most foods and is the major part of table salt.

#### Why Limit Sodium?

Healthy kidneys can get rid of the extra sodium (salt) in your body, but when kidneys do not work well, sodium and fluid can build up. This can cause high blood pressure, swollen ankles, puffiness, shortness of breath, and fluid around the heart and lungs. Your diet should contain less than 2,000 milligrams of sodium each day, equal to about a teaspoon of salt.

#### Look for Food Labels that Say:

- Sodium free or Salt free
- Very low sodium
- Low sodium
- Reduced or less sodium
- Light in sodium
- No salt added
- Unsalted
- Lightly salted

Note: Check low sodium products for added potassium and avoid these products if you have a potassium restriction.

#### How to limit it?

- Buy fresh food more often. Sodium (a part of salt) is added to many packaged foods.
- Use spices, herbs, and sodium-free seasoning in place of salt.
- Check the Nutrition Facts label on food packages for sodium. A daily Value of 20% or more means the food is high in sodium.
- Try lower-sodium versions of frozen dinners, canned soups, and other convenience foods.
- Rinse canned vegetables, meats, or beans with water before eating.
- When eating out, order meat or fish without salt.
- Ask for gravy or sauce on the side because these may contain lots of salt.

## ● Eat the right amount and right types of protein.

### Why do you need protein?

Your body needs protein to help build muscle, repair tissue, and fight infection. If you have kidney disease, you may need to watch how much protein you eat. Having too much protein can cause waste to build up in your blood. The amount of protein you need is based on your body size, your kidney problems, and the amount of protein that may be in your urine. Protein needs may change as kidney disease progresses.

### Why Limit Sodium?

In later stages of CKD (stage 3–5), moderate/smaller portion size, avoid protein supplements, and choose more plant-based protein foods than animal proteins.

When on dialysis, more protein or even protein supplements may be needed.

#### Animal Protein Foods

Chicken • Fish • Meat • Eggs • Dairy

#### Plant Protein Foods

Beans • Nuts • Grains

## ● Choose foods that are healthy for your heart.

### Why?

To help keep fat from building up in your blood vessels, heart, and kidneys.

### How?

Grill, broil, bake, roast, or stir-fry, instead of deep frying. Cook with nonstick cooking spray or a small amount of olive oil or canola oil, instead of butter. Trim fat from meat and remove skin from poultry before eating.

#### Heart-healthy Foods

Lean cuts of meat, like loin or round • Poultry without the skin • Beans  
Vegetables • Fruits • Low-fat Milk, Yogurt, Cheese

## ● If you limit phosphorus:

In later stages of kidney disease you may need to limit phosphorus and potassium. Your health care provider will use lab tests to watch your levels and tell you when you need to start limiting your intake.

### What is it?

A mineral found in many foods. Important for bone health, but too much can damage blood vessels, skin, and bones.

### How to limit it?

Many packaged foods have added phosphorus. Look for phosphorus—or words with “phos” on ingredient labels. Deli meats and some fresh meats and poultry can have added phosphorus. Ask the butcher to help you pick fresh meats without added phosphorus.

If prescribed, take your phosphorus binders with all meals and snacks.

#### Foods *Lower* in Phosphorus

- Fresh fruits and vegetables
- Chicken, turkey, fish, beef, veal, eggs, lamb, pork
- Breads, pasta, rice, cereals (check for additives)
- Rice milk (not enriched), tea, apple juice, lemonade, light-colored sodas

#### Foods *Higher* in Phosphorus

- Many packaged foods
- Processed meats: hot dogs, bacon, sausage, salami, deli meat; Organ meats, oysters, sardines
- Bran cereals
- Dairy foods: cheese, milk, ice cream
- Colas, beer, chocolate drinks
- Chocolate

## ● If you limit potassium:

In later stages of kidney disease you may need to limit phosphorous and potassium. Your health care provider will use lab tests to watch your levels and tell you when you need to start limiting your intake.

### What is it?

To help your nerves, muscles, and heart work the right way.

### How to limit it?

Found in fruits, vegetables, juices, dairy products, beans and legumes. Watch your serving size—larger servings can turn a low potassium food into a high one.

Salt substitutes can be very high in potassium. Read the ingredient label. Check with your provider about using salt substitutes.

#### Foods *Lower* in Potassium

- Apples, peaches, pears, grapes, berries
- Carrots, green beans, cabbage, cauliflower, cucumber, kale, lettuce
- Rice milk (not enriched)
- Rice, pasta, bread (white is lower than wheat/whole grain – ask your provider which is best for you)

#### Foods *Higher* in Potassium

- Oranges, bananas, mangoes, papayas, and dried fruits
- Potatoes, tomatoes, hard/winter squashes, cooked greens (spinach, collard greens, etc.), avocados
- Bran cereals
- Dairy foods – milk, yogurt
- Chocolate
- Beans, lentils, and nuts

*Make sure to consult your healthcare team and/or dietitian about specific diet recommendations for you.*

# Reading Food Labels

Nutrition Facts Label lists the items that are required by law to be listed on food products. It can help you see which foods are best choices for your diet.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The **servicing size** listed tells what a single portion of a food is and the rest of the label is based on eating that amount. If you eat two servings, double the amounts.

**Sodium** – In general, look for foods that have no more than 6 to 10% of the daily value for sodium, or less than 230 mg.

**Carbohydrates, fiber and sugars** – Choosing foods with less sugar and more fiber will help with your diabetes control. A good source of fiber will have at least 10% of the daily value, while a high fiber food will have at least 20%.

**Protein** is very important for keeping you healthy. Each 7 grams listed equals one ounce of protein, or one meat serving on your diet plan.

**Potassium** and **phosphorus** may be listed as percent daily values, but only potassium is required by law. If percent daily values for potassium and phosphorus are listed, you can use them to help with your diet. Use these tables to help choose high or low foods.

<b>Potassium - Low</b>	<b>Medium</b>	<b>High</b>	<b>Very high</b>
<100mg	101-200	201-300	>300mg
<3%	3-6%	6-9%	>9%
Percentages based on daily value for US food labeling – potassium 3500mg			

<b>Phosphorus – Low</b>	<b>Medium</b>	<b>High</b>
<50mg	51-150mg	>150mg
<5%	5-15%	>15%
Percentages based on daily value of US food labeling – phosphorus 1000mg		

But you should always check the ingredients list to see if potassium or phosphorus, or ingredients high in those nutrients are listed. Phosphorus, especially, can be hidden in many foods. You can identify hidden phosphorus by looking for words with “phos” in them. Examples: phosphoric acid, sodium polyphosphate, pyrophosphate, sodium phosphate.

Learn more at: [kidney.org/atoz/content/foodlabel](http://kidney.org/atoz/content/foodlabel)

## Snacking Guidelines

Healthy snacks for people on dialysis are foods and beverages that are low in sodium, phosphorus, and potassium. Check for added phosphorus in processed foods. People on dialysis may want to take phosphorus binders with snacks.

### Snack ideas!

- Apples
- Unsalted popcorn
- Dried cranberries
- Animal crackers
- Frozen grapes
- Red bell peppers
- Carrot sticks
- Low sodium crackers
- Graham crackers.
- Sugar cookies
- Unsalted pretzels
- Canned fruit cocktail
- Nilla vanilla wafers
- Fig Newton cookies
- Unsalted bagel chips
- Lemonade
- Hard boiled eggs
- Tuna salad on low sodium crackers

# KIDNEY-FRIENDLY NUTRITION RESOURCES

[Kidney-Friendly Nutrition Resources | National Kidney Foundation of Michigan](#)

[AAKP Kidney Friendly Recipes and Nutrition Counter](#)

[NKF Nutrition Hub | National Kidney Foundation](#)



# MADHHS



# Michigan Department of Health and Human Services (MDHHS)



<https://www.michigan.gov/mdhhs>

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Page **52** **How Do I Get Help?**

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Page **54** **What Happens When I  
Apply?**

# HOW DO I GET HELP?

The Michigan Department of Health and Human Services (MDHHS) provides a variety of services to the residents of Michigan. MDHHS offices are located in every county; however, **it is highly recommended that people work with MDHHS benefits online.**

## MI Bridges

MI Bridges is the online site that connects Michigan residents to MDHHS. You are able to apply for benefits, upload verification documents, manage your case, and explore resources from this site. You can use your computer, tablet or mobile phone to access this site at any time and apply for healthcare coverage, food assistance benefits, cash assistance, child care assistance and utilities assistance through State Emergency Relief (SER) funds.



To apply online go to:  
<https://newmibridges.michigan.gov/>

**This is the preferred method to apply because you can quickly communicate with a MDHHS worker by receiving their notices and letters.** Without an online account, you would have to wait for these messages in the mail. Applying online also automatically gets some processes going. For example, when a customer applies for SER for shutoff assistance, the system automatically sends a notice to DTE to place a hold on the account.

If you experience any problems with the MI Bridges online assistance application



Call the MI Bridges Help Desk at  
**844-799-9876**

If you need help with using MI Bridges online, MI Bridges Navigators are available for one-on-one assistance. Go to “Help” on the website and search for community partners.

# To apply for benefits in-person:



Find your local MDHHS office at:

<https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices>

**OR**



Call General Information:

**517-241-3740**

Hearing impaired callers may contact the Michigan Relay Center at 711 and ask for the number above.

**You will be required to complete an application form.** It is recommended that you complete the application before you come to the office. Make sure you take any and all required documents, such as your birth certificate or driver's license, with you to your appointment.



[Application Form in English](#)



[Application Form in Spanish](#)



[Application Form in Arabic](#)



Please visit for a full list of services:

<https://www.michigan.gov/mdhhs/assistance-programs>

# WHAT HAPPENS WHEN I APPLY?

After you complete an application your case is assigned to an MDHHS specialist who will conduct a phone interview to clarify any information and assess your eligibility for the programs you requested.

At this time the specialist may let you know about any other documents you will need to submit. You will be asked to prove much of the information you provided on your application.

Most proof, or verification, must be "current" and dated within the last 30 days. They may need to contact a third party, such as your landlord or employer, in order to verify your situation. Your signature on your application for assistance gives the specialist permission to do so.

**You will have 10 days to return this required documentation. If you need an extension or are having trouble getting these required documents,** contact the specialist to get an extension or explore other options for verification. Otherwise, you risk your application being denied.

## If applying for Cash, Food, Medical & Emergency Assistance have the following available to apply:

- Identification**
- Social Security numbers for everyone in the household who is applying**
- Income (current or date it stopped)**
- Application or receipt of unemployment compensation benefits**
- Assets (bank account statements, 401(k) and other investment account balances, investment accounts, trust funds, etc.)**
- Shelter expenses (rent receipt, mortgage payment, property tax bill, homeowner insurance, heat, electric, phone, water, etc.)**
- Child support paid**
- Day care expenses**
- Medical or health insurance card**
- Unpaid Medical bills**
- Shutoff notices for shelter, heat or utilities**
- Immigration status**
- Marriage certificate**
- Divorce decree**
- Paternity acknowledgement**
- Pregnancy, expected date of delivery, and number of children expected**

**If applying for Daycare (Child Development & Care Program) have the following available as they apply:**

- Identification**
- Social Security number (not mandatory)**
- Citizenship or Alien status, if you are not a U.S. citizen, for each child needing care**
- Child care provider's name, address, phone number, provider number, or license number**
- Proof of need for child care for each parent/substitute parent (such as proof of employment, high school completion, or Michigan Works! Agency-approved activity)**
- Proof of need for child care for children over age 12 (court order or physician's statement)**  
**Income (pay stubs, SSI, check stubs or award letters, etc.)**
- Child support payments received (court order, name and address of child's absent parent)**

**MDHHS has to respond with a determination on whether or not you will receive benefits within the following timeline:**

<b>Programs</b>	<b>Approval Time Limit</b>
<b>Expedited Food Assistance Program</b>	<b>7 Days</b>
<b>State Emergency Relief</b>	<b>10 Days</b>
<b>Food Assistance Program</b> <b>Refugee Assistance Program (Cash Assistance)</b>	<b>30 Days</b>
<b>Family Independence Program</b> <b>Adult Medical Program</b> <b>Medical Assistance</b> <b>Refugee Assistance Program (Medical Aid)</b> <b>Repatriate Assistance Program</b> <b>Child Development and Care</b>	<b>45 Days</b>
<b>State Disability Assistance</b>	<b>60 Days</b>
<b>Medical Assistance (Disability-Related)</b>	<b>90 Days</b>

## Reporting Responsibilities

**It is your responsibility to report changes** that might affect your eligibility or benefit amount within 10 days of the change. This includes changes to your income, job status, assets, and family and living arrangements. Your specialist will tell you if different reporting rules apply to you.

## Redetermination of Eligibility

**After your case is opened, your eligibility will be re-determined from time to time.** You will have your redetermination paperwork mailed to your home or sent to your MI Bridges account 30 days prior to the due date. You will fill out a redetermination form, provide new verification of information, and be interviewed, if necessary. Some programs do not require an interview. Each program has its own requirements.

## Repayment of Benefits

If you or anyone in your household receives benefits they are not eligible for, all adults in the household are responsible for paying back the extra benefits, even if they no longer live in the home. The benefits must be paid back even if MDHHS makes the error. MDHHS may keep part or all of your benefits to repay the benefits you received in error.

## Where does the money come from?

The majority of the funding for MDHHS comes from the federal government in the form of operating grants. Many departments of the federal government and many different laws determine the amount of funding that MDHHS receives. The remainder of the health services funding is provided from general revenues of the state, which mostly comes from taxes.

## What steps do I take if I disagree with an action taken on my case?

First, discuss it with your caseworker. If this does not resolve your issue, you may contact your caseworker's supervisor. In some instances, you may also have the right to ask for an administrative hearing. Your caseworker or supervisor can tell you if an administrative hearing is an option. You can find the phone number for your local MDHHS office online at:



<https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices>

## Is it possible to request a different caseworker?

Yes, but only after you have already worked with both your caseworker and your caseworker's supervisor to resolve the problems you are having. If you have done that, and you still want a different caseworker, you may submit a written request to the county director or district office manager for his or her consideration. In your request, include the reason for the request and the steps you have already taken to resolve the problem. A list of county directors and district office managers can be found at:



<https://www.michigan.gov/mdhhs/inside-mdhhs/county-offices>

## My case is closed but I need additional information, who should I contact?

Contact the local office that most recently handled your case.

## If I am not a member of a case how can I get information about a case?

Confidentiality laws do not allow MDHHS to release case information to anyone who is not a member of that case. Sometimes, a member of the case can authorize another person to receive case information. The case member (who must be 18 or older) should contact his or her caseworker to find out if this is possible, and if so, how to arrange it. However, you may report information about any case at any time.



# DISABILITIES



**Page 61 Programs Available**

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**Page 62 Am I Eligible?  
How Do I Apply For Help?**

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**Page 64 Helpful Hints  
Advocacy**

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**Page 65 Additional Resources**

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**Page 68 Where Does the Money  
Come From?**

# PROGRAMS AVAILABLE

The Social Security Administration (SSA) administers two programs that provide benefits to persons with a disability:



**The Social Security Disability Insurance (SSDI) program [Title II of the Social Security Act]** provides payment of benefits to eligible individuals.



**The Supplemental Security Income (SSI) program (Title XVI of the Social Security Act)** provides SSI payments to individuals with a disability (including children under age 18) who have limited income and resources.

The major difference is that SSI determination is based on age/disability and limited income and resources, whereas SSDI determination is based on disability and work history. It is possible to have both benefits if you have both limited income and a work history.

## Comparison of SSI and SSDI

Factor	SSI	SSDI
Eligibility Based On	Age (65+) OR blindness (any age) OR disability (any age) AND limited/no income and resources	Disability AND sufficient work history through own/family employment
When Benefits Begin	1st full month after the date the claim was filed or, if later, the date found eligible	6th full month of disability; 6-month period begins with the first full month after the date SSA decides the disability began
Health Insurance	Automatically qualifies for Medicaid upon receipt (in most states)	Automatically qualifies for Medicare after a 24-month waiting period from time benefits begin (no waiting period for persons with Lou Gehrig's disease/ALS)

# AM I ELIGIBLE?

The Social Security Act prescribes rules for deciding if an individual is eligible for benefits. For more details about how children and adults can qualify for benefits, please go to:



<https://www.ssa.gov/benefits/disability/qualify.html>

The Social Security Administration defines disability as the inability to engage in any substantial gainful activity by reason of any medically determinable physical or mental impairment(s) which can be expected to result in death, or which has lasted or can be expected to last for a continuous period of not less than 12 months.

A child under age 18 would be considered a person with a disability if he or she has a medically determinable physical or mental impairment or combination of impairments that causes marked and severe functional limitations, and that can be expected to cause death or that has lasted or can be expected to last for a continuous period of not less than 12 months.

# HOW DO I APPLY FOR HELP?

There are several ways you can apply for SSI and SSDI benefits at the same time. You can apply online at the following link:



<https://www.ssa.gov/applyfordisability/>  
Then click "Learn How to Apply"

If you are not able to complete the application in one setting, it is very important that you save what you have completed in the application process, so you can go back and complete the rest of the application at a later date.

**You can also apply by calling the Social Security office.** The representative will make an appointment with you to complete your application over the telephone.



**800-772-1213**

**\*You can also schedule an in person interview to receive help applying for disability benefits.**

People who are deaf or hard of hearing may call the toll-free “TTY” number at:



**800-325-0778**

**If you are homeless or at risk for homelessness,** please seek assistance through the SSI/SSDI Outreach, Access, and Recovery (SOAR) program. SOAR is designed to increase access to SSI/SSDI for eligible adults and children who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder.



For more information, please visit:

SOAR: SSI/SSDI Outreach, Access, and Recovery - Policy Research

Associates <https://www.prainc.com/soar-ssi-ssdi-utreach-access-recovery/>



Email MDHHS Housing and Homeless Services at  
**MDHHS-Homeless@Michigan.gov**

# HELPFUL HINTS

**The Social Security Administration created a checklist to help you get ready for your appointment or when filing online. Make sure that you have the following:**

- Your Social Security card or a record of your Social Security number
- Your birth certificate or other proof of your age
- Information about the home where you live, such as your mortgage or your lease and landlord's name
- Payroll slips, bank books, insurance policies, burial fund records, and other information about your income and the things you own
- The names, addresses, and telephone numbers of doctors, hospitals, and clinics you have been to if you are applying for SSI because you are disabled or blind
- Proof of U.S. citizenship or eligible noncitizen status
- Medical records already in your possession. SSA will help get the rest of your records
- Workers' compensation information, including the settlement agreement, date of injury, claim number, and proof of other disability awarded payment amounts
- Names and dates of birth of your minor children and your spouse
- Dates of marriages and divorces
- Checking or savings account number, including the bank's 9-digit routing number
- Name, address, and phone number of a person to contact if SSA is unable to reach you

## ADVOCACY

### Right to appeal:

Contact the Office of Hearing Operations if denied for Social Security benefits.



**CALL: 1-800-772-1213**  
**TTY: 1-800-325-0778**

**An estimated 70% of applicants are denied the first time they apply for Social Security Disability benefits. Please do not get discouraged if you are denied benefits. It is important and helpful to seek out an attorney that specializes in disability benefits that can help you in the appeal process.**

# ADDITIONAL RESOURCES

## The State of Michigan's Disability Resources Website

Provides a list of state programs and services for individuals who have a disability.



Click here for more information:

<https://www.michigan.gov/disabilityresources/state-prog>

## These programs include:

The Bureau of Services for Blind Persons (BSBP)

The State Vocational Rehabilitation agency serving persons who are blind or visually impaired



**CALL: 800-292-4200**

**TTY: 888-864-1212**

## BSBP provides the following services:

- Glasses for children whose best visual acuity is 20/70 or worse with best correction from birth to age 13 in partnership with the schools.
- Braille and Talking Book Library
- Workforce development, vocational rehabilitation, and pre-employment transition services.
- Independent living services for seniors
- BSBP Training Center: a residential facility located in Kalamazoo that teaches independent living and workforce skills.

## The Michigan Department of Civil Rights Division on Deaf, DeafBlind, and Hard of Hearing

The state office that provides technical support, information and referral services, accommodations, and interpreter information and services mostly on a statewide advocacy level.

## Michigan Developmental Disabilities Council

Works on public policy, advocacy, employment, and supports individuals with developmental disabilities. It also provides grants to students and supports the Self-Advocates of Michigan.

## Michigan School for the Deaf

Located in Flint, the school provides academics and social excellence in American Sign Language (ASL) and English for students from infancy to graduation. The school provides bilingual classroom instruction, reading interventions, ASL interventions, auditory therapy, audiological services, speech and language services, medical services, counseling services, transition coordination services, ASL classes for families, and sports and other extracurricular activities. There is no charge to parents.

## Disability Benefits 101 Michigan (DB101)

DB101 helps people with disabilities understand the connection between work and benefits.



For more information, including benefits planning estimator tools, visit the DB101 website: <https://mi.db101.org/>

## Michigan Rehabilitation Services (MRS)

A person with a disability may be eligible for MRS if the disability causes problems in preparing for, finding, or keeping a job.



Visit the MRS website at:  
<https://www.michigan.gov/leo/bureaus-agencies/mrs>

For more information about MRS or a listing of MRS office:



**Call toll free: 800-605-6722**

## The ARC of Michigan

The Arc of Michigan works with its local chapters to help individuals with intellectual and developmental disabilities. It provides advocacy, education, training and information to families and professionals.



To locate a chapter near you go to:

<https://arcmi.org/>

## Disability Network Michigan

Disability Network Michigan is dedicated to helping persons with disabilities achieve full participation in their community and life and remain self-sufficient. The network provides access to the 15 Centers for Independent Living (CILs) serving the entire state for accessibility resources, information and advocacy.



For more information, visit the Disability Network Michigan website:

<https://dnmichigan.org/about-us/>

## Disabilities Rights Michigan (DRM)

An independent, private, nonprofit, nonpartisan protection and advocacy organization authorized by Federal and State law to advocate and protect the legal rights of people with disabilities in Michigan.



Please see DRM's website for more details:

<https://www.drmich.org/>

Or call

OR



**517-487-1755**

**800-288-5923 (voice)**

## Michigan Developmental Disabilities Institute

The Michigan Developmental Disabilities Institute (MI-DDI) is a University Center for Excellence in Developmental Disabilities (UCEDD). MI-DDI is part of a network of 67 UCEDDs in the U.S. and its territories. The Institute's mission is to contribute to the development of inclusive communities and quality of life for people with disabilities and their families through a culturally-sensitive, statewide program of training and education, community support and services, research, and sharing of information.



For more information, visit the Michigan Developmental Disabilities Institute website: <https://ddi.wayne.edu/>

### Michigan Developmental Disabilities Institute

Leonard N. Simons Bldg  
4809 Woodward Avenue, Suite 268  
Detroit, MI 48202



MI-DDI Email: [middi@wayne.edu](mailto:middi@wayne.edu)



Voice/TTY:

**313-577-2654**

Toll-free:

**888-978-4334**



Fax:

**313-577-3770**

# WHERE DOES THE MONEY COME FROM?

The Social Security Administration has three basic sources of income: payroll taxes, federal income taxes on a small portion of SSA benefits and interest paid to the SSA trust funds. U.S. Treasury general funds pay for SSI.



# EMERGENCY PREPAREDNESS



**Page 71** **Planning for Emergencies**  
**How to Plan for an**  
**Emergency**

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**Page 72** **Emergency Guide**  
**for People with CKD,**  
**on Dialysis, & with a**  
**Transplant**

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**Page 78** **Resources**

# PLANNING FOR EMERGENCIES

Planning for emergencies is crucial, especially for individuals with medical conditions like chronic kidney disease, who may require regular dialysis treatments. Natural disasters, like blizzards, floods, tornadoes, earthquakes, hurricanes, etc., or electrical power outages can disrupt healthcare services, and it's important to establish an emergency plan to ensure timely access to necessary medical care and support.

Many things we depend on daily may not be working during an emergency situation. There might be disruptions to essential services such as healthcare facilities, transportation, and utilities, which could affect access to medications, treatments, or medical equipment. Expect potential delays in receiving medical care due to increased demand or limited resources during emergencies.

[Click here to visit the KCER \(Kidney Community Emergency Response\) website.](#)

## HOW TO PLAN FOR AN EMERGENCY

Regularly reviewing and updating the emergency plan, along with participating in community preparedness initiatives, can enhance resilience and readiness in managing emergencies effectively. By taking proactive steps, individuals with chronic kidney disease can better navigate unforeseen circumstances and ensure continuity of care during emergencies.

1. Have a sufficient supply of medications and medical supplies on hand. The NKF recommends having a two-week supply.
2. Maintain a detailed medical history and emergency contact information, and make sure it is readily accessible. Individuals should discuss their condition and specific needs with family members, caregivers, and healthcare providers to develop a clear emergency protocol.
  - Leave copies of your information at your workplace and at home, and take it with you when you travel. Tell your family members where it is.
3. Keep a 3-day food supply at home. Be sure to check periodically for expiration dates and replace items when needed.

4. Identify nearby dialysis centers and transportation options, such as medical transportation services, in case of evacuation or travel during emergencies.
5. Keep a well-stocked emergency kit with medications, medical supplies, and a list of dietary restrictions can help mitigate potential disruptions to dialysis treatments.

Individuals with medical conditions should also anticipate the possibility of stress and anxiety during emergencies, which could exacerbate their condition. Engaging in self-care practices, maintaining regular communication with support networks, and seeking professional help if needed are essential for managing emotional well-being during such times.

# EMERGENCY GUIDE FOR PEOPLE WITH CKD, ON DIALYSIS, & WITH A TRANSPLANT

Be prepared for emergencies with a guide tailored for kidney disease patients. Learn to manage your treatment, maintain supplies, and follow safety tips during crises.

Natural disasters (blizzards, earthquakes, floods, hurricanes, tornadoes, etc.) or electrical power blackouts can disrupt healthcare services, such as dialysis treatment. The aim of the information on this website is to help you prepare for possible emergencies. By knowing what to do and preparing ahead, you can feel secure if an emergency should occur. You may want to print this information along with the emergency meal plan, and keep it in a place where you can find it easily. Leave copies at your workplace and at home and take it with you when you travel. Tell your family members where it is.

## Planning for an Emergency

1. Keep a current list of your medicines and dosages and carry it with you. Also, keep a two-week supply of medicines and diet needs at home. Check expiration dates every so often and replace items when needed. If you work outside the home, keep an extra supply of medicines at your job.
2. You should have a landline phone in your home; choose a model and phone service that will work if you lose power (for example, cordless phones and cable phone service may not work in a power outage). You may or may not lose cell phone service. Learn how to send a text message. Texts use less battery power and are more likely to go through when the cell network is very busy. Learn ways to keep your cell phone charged longer. If you have a car, you can also use a car charger to recharge your cell phone.
3. Keep a copy of important medical and insurance information at your home and at your job, if you work outside the home. Update the information often. If needed, ask your healthcare staff for this information.
4. You should get and wear a medical emblem. This has very important information about your medical condition and treatment and tells medical staff about your special needs. If you need help in getting one, ask your social worker.
5. Keep the following emergency supplies in a safe place (contact your local police or fire department for a complete list of items needed):
  - A battery-powered AM/FM radio and extra batteries. Find out what the emergency broadcast radio station is in your area for up-to-date information on what's happening.
  - Flashlights with plenty of extra batteries or candles and matches. (Remember never to use matches until you have checked for gas leaks.)
  - A first-aid kit.
  - A fire extinguisher. Check regularly to make sure it is full.
  - An emergency phone list.
6. Ask the staff in your unit for a copy of their disaster plan and read it carefully.

## Hemodialysis

If a natural disaster occurs in your area, stay indoors and listen to your emergency broadcast radio station for information about what to do. Your local National Kidney Foundation office may be able to help you find out if your regular dialysis unit is open. If your unit is not open or if you are not able to reach the unit, you may be able to dialyze at a different unit. Make sure you have the names, locations and phone numbers of back-up dialysis units and hospitals in your area. Since regular community transportation services may not be working, be ready to make other arrangements for getting to dialysis. Contact the police or Emergency Medical Services (EMS) to tell them that you need help.

In a large-scale disaster, you may not be able to get to a dialysis unit for a period of time. You should be ready to manage without dialysis for a few days by following an emergency diet (see “Emergency Meal Planning” below).

### Dialysis Emergency Procedures

In a severe disaster, dialysis staff may not be able to continue your individual dialysis schedule and orders. They may need to use emergency procedures, which may include a standard dialyzer and a shorter treatment time. Dialysis staff will make every attempt to give you the best treatment possible.

Your dialysis unit has a procedure for emergency evacuation. The dialysis staff will help you get off the dialysis machine as quickly as possible. The staff will direct or help you to a chosen gathering place.

If no one is available to help you, your dialysis unit has an emergency procedure you can use to get off the dialysis machine safely. Speak to the dialysis team at your unit about the steps for getting yourself off the dialysis machine in case a situation occurs, and the staff cannot help you.

### Preparing for an Emergency for Home Hemodialysis

1. Keep a list of dialysis units in your area at home and at your workplace.
2. Keep a two-week stock of dialysis supplies. Check expiration dates regularly and replace supplies when needed.
3. Register with your local water and power companies, so they will be aware of your need to get service restored as soon as possible.
4. Learn to be comfortable taking yourself off the dialysis machine in an emergency.
5. During the emergency, if you lose power while dialyzing, follow the directions for stopping dialysis given to you by your home training staff.
6. If you are not able to continue your treatments at home during the emergency, contact the home training staff to make other arrangements.

## Peritoneal Dialysis

*CAPD (continuous ambulatory peritoneal dialysis) or CCPD/APD (continuous cycling/automated peritoneal dialysis)*

1. Keep a two-week stock of peritoneal dialysis supplies. Check expiration dates regularly and replace supplies when needed. If you use an ultraviolet device, keep the battery charged.
2. Include in your emergency medication pack a five-day supply of the antibiotic that your doctor orders for peritonitis. If a disaster occurs, it may be difficult to keep a clean environment and your chances of getting peritonitis may be higher.
3. Register with your local water and power companies, so they will be aware of your need to get service restored as soon as possible.
4. If you use a cyclor, you should also know how to do CAPD exchanges in case you are unable to use the cyclor.
5. If you use a cyclor and you lose power while dialyzing, follow the instructions given to you by the PD staff for stopping dialysis in an emergency.

## Transplant Recipients

1. Know your medicines and keep a two-week extra supply in their original bottles, if possible. If you need to evacuate, original bottles will give the necessary information when you get to your destination.
2. A backpack with a waterproof pouch packed with key items (listed in #3 below) should weigh about 10 pounds. Wear good shoes when you carry this backpack, leaving your hands free if you should need to evacuate.
3. Pack key information (medicine list, doctor, transplant coordinator, pharmacist, insurance) in a waterproof bag; you can add to the key information as specific to your health. Pack several 8-ounce bottles of water, a hand-operated can opener, hand sanitizer, travel-size toiletries, disposable wipes, toilet paper, sunscreen, a miniature flashlight, a mask, gloves, a thermometer, batteries, matches and candles. Stock disposable eating utensils and canned and packaged rations of foods, such as peanut butter, saltines, tuna, juices—several days' worth, if possible. Include some dry clothes. If you have diabetes, follow guidelines on diabetic food choices. Bring any supplies you might need to treat diabetes or other conditions.
4. If you are in a shelter or in contact with emergency personnel, let them know you are a transplant recipient and need to take medications regularly and on time. If possible, limit your exposure to infections. Sanitizers, gloves and a mask can help. Using common sense and remaining positive will also help.
5. Ask your transplant healthcare team about precautions, additional medications, and preparations that they recommend. You can find a list of transplant centers around the country from the United Network for Organ Sharing (UNOS) 888.894.6361.

## Diabetes

1. Make sure you have extra insulin and syringes.
2. Keep a supply of sugar, honey, instant glucose or glucose tablets, low-potassium juices, sugared low phosphorus beverages and hard candy in case of low blood sugar reactions.
3. Keep extra batteries, so you can check your blood sugar if you have a blood sugar monitoring device (glucometer).
4. Ask for a copy of *Emergency Meal Planning for Diabetics* by calling the NKF at 800.622.9010.

## Special Things to Know in Different Kinds of Disasters

Learn what to do in special situations such as blizzards, earthquakes, floods, hurricanes, tornadoes or terrorist attack. You may find this free booklet helpful: Are You Ready from the Federal Emergency Management Agency (FEMA) available at 800.480.2520 or download a PDF at <https://www.ready.gov/sites/default/files/2021-11/are-you-ready-guide.pdf>

Here are some other points for kidney patients to remember (if you have more questions, you should speak to the healthcare team at your dialysis unit or transplant center. You can also contact your local National Kidney Foundation):

1. Plan ahead. Have emergency supplies and extra supplies of your medicines and diet needs on hand.
2. Stay indoors and listen to your emergency broadcast radio station for instructions about what to do.
3. If you receive in-center hemodialysis and you are unable to get to your dialysis unit, contact police or Emergency Medical Services (EMS) to advise them of your need for assistance.
4. If you must go to a shelter, tell the person in charge about your special needs as someone with kidney disease.
5. If you are a dialysis patient and you must miss dialysis, begin your emergency meal plan.
6. If you must go to a shelter, tell the person in charge about your special needs as someone with kidney disease.

## Emergency Meal Planning for Dialysis Patients

An emergency meal plan is for you to use during an emergency or natural disaster when you must miss dialysis. This diet is stricter than your usual diet. The restricted plan controls the buildup of things like potassium, phosphorus, urea and fluid, which can be life threatening if you miss several dialysis treatments due to the emergency.

[Emergency Meal Planning for Dialysis Patients](#)

[Emergency Meal Planning for Dialysis Patients with Diabetes](#)

## Diet Tips for Dialysis Patients in an Emergency

If you must miss dialysis, your well-being may depend on following a very restricted diet, until you can dialyze. Here are some helpful tips:

1. It is very important to follow your diet according to the emergency meal plan (see links above).
2. If you need to eat in restaurants, remember to make healthy choices.
3. Be careful when eating foods that may spoil to avoid food poisoning. If a jar or can is opened, do not keep it longer than four hours unless refrigerated.
4. It is best to eat refrigerator-stored foods first. If you store food and water to plan for a disaster, replace often to ensure freshness.
5. Limit protein to one-half your current intake. For example, if you eat two eggs for breakfast, decrease to one egg.
6. Keep five gallons of distilled water on hand for mixing milk or juice. Mix small amounts of only four ounces at a time.
7. Limit fluid intake to two cups or 16 ounces per day.
8. Do not use salt or salt substitutes with your meals. Use salt-free foods, whenever possible.
9. Avoid high-potassium foods. Limit the kinds and portion sizes of fruits and vegetables eaten to those listed in the emergency meal plan.
10. Have ready-to-eat foods on hand. Remember that canned foods are often high in sodium. Check labels for sodium and potassium content.
11. Consider using coolers, thermos containers or a propane stove or grill to help with food storage and preparation.
12. Have a supply of disposable dishes, utensils and paper napkins on hand to lessen the need for washing dishes. Throw away after use.
13. Store a hand-operated can opener, measuring cups, and a scale in your supplies.
14. Wrap food scraps securely for disposal to reduce odor.
15. If you have diabetes, keep instant glucose tablets, sugar, hard candy, low-potassium fruit juices, or sugared soda pop on hand to treat low blood sugars. Avoid high-potassium fruit juices (orange juice).
16. Keep an extra copy of your emergency diet with your food supplies.

Download a PDF of the [NKF Emergency Planning Guide](#).

# RESOURCES

[Medical certification form – Fill out with your information to give to utility companies to inform them that you have a medical condition that would be worsened by a lack of service.](#)

[Emergency Meal Planning for Patients on Dialysis](#)

[Emergency Meal Planning for Diabetic Patients on Dialysis](#)

[Kidney-Friendly Food List & Tips](#)

[NKF Planning for Emergencies Document](#)



# EDUCATION



Page **81** **Adult Education**

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Page **85** **Education-Early Childhood  
and Childcare**

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Page **91** **Education  
K-12**

# ADULT EDUCATION

Adult education provides the necessary educational skills needed to begin a new career or advance in a current one.

## ADULT EDUCATION SERVICES CAN INCLUDE:



**IMPROVING  
EDUCATION LEVELS**  
especially in math,  
reading or writing



**OBTAINING A HIGH  
SCHOOL CREDENTIAL**



**BECOMING A BETTER  
ENGLISH SPEAKER**

# There are more than 100 programs statewide that provide a range of free or low-cost adult education services, such as:

## ADULT BASIC EDUCATION (ABE)



Helps adults improve their reading, writing and math skills for people below the ninth-grade level.

## ADULT SECONDARY EDUCATION



Helps adults achieve the education needed to obtain a high school equivalency credential and transition to college, training and/or employment.

**Remediation** to have your reading, writing, or math skills improved.

**High School Equivalency (HSE)** which is instruction that prepares you to take and pass a high school equivalency test, such as the General Education Development (GED) test.

**English Language Acquisition** which helps non-native speakers improve their English skills to be able to further their education, help their children with schoolwork and activities, and/or obtain training and employment. Also called English as a Second Language (ESL).

**Integrated English Language Acquisition and Civics Education (IELCE)** which helps non-native speakers improve their English skills while learning how to become an effective parent, citizen and worker. It often helps people prepare for their citizenship test.

**Workplace Literacy** which are adult education services provided at or customized for a specific workplace.

## LITERACY COUNCILS



Provide one-on-one tutoring for a range of academic levels, but usually for adults who have very low-level reading and math skills.

## POST-SECONDARY EDUCATION



Provides career exploration like:

- **Career, labor, work, and occupational training and activities**
- **Entrepreneurial skills training**
- **Leadership development**
- **Mentoring**
- **Financial literacy**
- **Community service projects**

# PROGRAMS AND SERVICES

Many local public school districts operate an adult education program that may include adult basic education, adult secondary education, and high school completion.



To learn more about the specific programs they offer and for contact information, please visit:

<https://www.michigan.gov/leo/bureaus-agencies/wd/education-training/adult-education>

# OTHER HELPFUL RESOURCES

**Michigan Reconnect:** Provides free in-district tuition at a Michigan community college to earn an associate degree or Pell-eligible skill certificate.



To learn more, go to:  
<https://www.michigan.gov/reconnect>

**To search for a community college in Michigan, go to:**



<https://www.michigan.gov/reconnect/community-college/list-of-colleges>

## WHERE DOES THE MONEY COME FROM?

The U.S. Department of Education, Office of Career, Technical, and Adult Education (OCTAE), Division of Adult Education and Literacy pays for adult education and teacher quality programs. The Adult Education and Family Literacy Act (Title II of the Workforce Innovation and Opportunity Act) authorizes and provides funding for adult basic education (ABE), adult secondary education (ASE), and English as a second language (ESL) programs.

# EDUCATION: HEAD START, EARLY CHILDHOOD, AND CHILDCARE

## PROGRAMS AVAILABLE

Michigan has childcare and early childhood education programs for children that offer high-quality, and low-cost or free, licensed programs.

### The programs available include:

#### **Michigan's Child Development and Care**

Michigan's Child Development and Care program provides supplemental child care payments allowing low-income parents to work. The funds can be used for regulated childcare in a licensed center, group child care home, family child care home, or license-exempt care in the home of a relative or by an adult in the child's home.

#### **Head Start**

Head Start is a free federal program for children ages 3 to 5 years serving low-income families. The program promotes child school readiness, while also giving support to their families. Head Start provides enrolled children and families with a wide range of high-quality education, health, nutrition, and social services.

## Michigan's Great Start Readiness Program (GSRP)

Michigan's Great Start Readiness Program (GSRP) is a free state-funded preschool program serving at-risk and low-income four year olds. The program gives access to preschool for children who do not qualify for Head Start or those without access to preschool, because there are not enough available Head Start slots.

## Early Head Start

Early Head Start is a free federal program that provides support to low-income families of infants and toddlers under the age of three and pregnant women. The program provides a wide range of high-quality education, health, nutrition, family support, and social services to enrolled infants and toddlers, pregnant women and their families.

# AM I ELIGIBLE?

## Childcare Programs

You may qualify for Michigan's Child Development and Care program if you need childcare while you are actively involved in employment, an approved activity, education, employment training (such as a trade certificate or training program), English as a second language class, or participating in an approved counseling or treatment program for a physical, emotional, or mental condition. For most families, the department pays less than the full cost of childcare. Families are expected to pay the difference between the subsidy payment and the provider's actual charge.



To find out if you qualify for assistance, review the **Income Eligibility Scale** found here: [https://www.michigan.gov/-/media/Project/Websites/mileap/Documents/Early-Childhood-Education/Child-Development-and-Care/parent\\_docs/cdc\\_income\\_eligibility\\_chart\\_7-2015\\_reauth\\_chgs.pdf?rev=d11c7e7d49d14c78bf480f8eda77bfef](https://www.michigan.gov/-/media/Project/Websites/mileap/Documents/Early-Childhood-Education/Child-Development-and-Care/parent_docs/cdc_income_eligibility_chart_7-2015_reauth_chgs.pdf?rev=d11c7e7d49d14c78bf480f8eda77bfef)

Eligibility for GSRP, Early Head Start, and Head Start is based on the age of your child, income, and household size.



To determine if you are eligible please visit:  
<https://www.benefits.gov/benefit/1919>

# HOW DO I GET HELP?

To apply for assistance with childcare payments through the Child Development and Care program listed above please visit MI Bridges. See the chapter on the Michigan Department of Health and Human Services for more information on MI Bridges.



To access Great Start Readiness, Early Head Start, Head Start, or to find licensed childcare providers in your area, visit:

<https://greatstarttoquality.org/free-or-low-cost-programs/>

**Michigan also has programs that provide services for developmental delays and disabilities. These programs include:**

## Early On

Early On is Michigan's system for helping infants and toddlers birth to age three and their families who have developmental delays or are at risk for delays due to certain health conditions. It is designed to help families find the social, health, and educational services that will promote the development of their infants and toddlers with special needs. Research has shown that by addressing delays early on - especially between birth and age three - we can more effectively impact a child's development, even into adulthood.

## Am I eligible?

For children from birth to three years of age. If you are worried that your child "seems behind" compared to other children of the same age, contact Early On. Sometimes families start by asking a doctor, nurse, or a child care provider for an opinion.



If one of these professionals shares your concern, complete the online referral form:

<https://mearlychildhood.org/index.php?p=1>

## How do I get help?



To contact Early On:[https://  
https://1800earlyon.org/](https://1800earlyon.org/)



**800-327-5966**

## Child Find

Child Find requires school districts to have a process for identifying and evaluating children who may need special education and related services, such as counseling or speech therapy. Even infants and toddlers can be evaluated. They could then receive help for learning disabilities and developmental delays through early intervention programs. These programs help parents find out if their young children are on track. Then, if needed, the programs can connect families with appropriate services early in the child's life.

## Am I eligible?

Every child from birth through age 21 is eligible to be evaluated by their school district if a parent or school suspects a child may have a disability.

## How do I get help?

Find the contact information for your local Build Up coordinator by reaching out to your local school district OR visiting the website:



<https://eotta.ccesa.org/Contacts.php?ID=17>

# HELPFUL HINTS

If you suspect your child is behind on developmental milestones contact Early On (ages 0-3) or your local school district's Child Find coordinator (ages 3+) to have your child evaluated. The earlier they receive services (if needed) the better! If you are unsure if they are behind you can also screen your child yourself using the Ages and Stages questionnaire:



<https://www.helpmegrow-mi.org/asq-char-em>

## ADDITIONAL RESOURCES AND ADVOCACY

To look up licensing inspection reports for child care centers on LARA (MI Department of Licensing and Regulatory Affairs) and see if there have been any violations, etc. and how the site addressed them, visit:



<https://cclb.my.site.com/micchirp/s/statewide-facility-search>

**The Michigan Alliance For Families** is a statewide resource to connect families with children with disabilities to resources to help improve their children's education.



To connect to resources go to:  
<https://www.michiganallianceforfamilies.org/>

**Great Start Collaborative:** Every Great Start Collaborative in Michigan work toward the same early childhood outcomes:

- Children are born healthy
- Children are healthy, thriving, and developmentally on track from birth through third grade.
- Children are developmentally ready to succeed in school at time of school entry.
- Children are prepared to succeed in fourth grade and beyond by reading proficiently at the end of third grade.



For more information, please visit:

<https://www.michigan.gov/mikidsmatter/community/gspc>

# WHERE DOES THE MONEY COME FROM?

Federal and state funding for early childhood services are available through a complex maze of funding streams and government agencies. The U.S. Department of Health and Human Services (HHS) provides grants to local, public, and private non-profit and for-profit agencies through the Head Start and Early Head Start programs to provide early learning services to children in low-income families. These programs have the overall goal of increasing the school readiness of young children from low-income families. For more information on funding please visit:



<https://childcareta.acf.hhs.gov/>

**The Early Childhood Investment Corporation (ECIC)** promotes, leverages resources, and stewards investments in effective and sustainable early childhood work so all children are prepared to thrive.



<https://www.ecic4kids.org/>

# EDUCATION: K - 12

Education is mostly a state and local responsibility. Some assistance comes from the federal level.

**The US Department of Education (ED)** is an agency of the federal government. The ED assists the president in carrying out education policies and fulfilling laws enacted by Congress. It also coordinates federal assistance for education.

**The Michigan Department of Education (MDE)** oversees public school districts in the state and sends state and federal money to local school districts.

**Intermediate School Districts (ISDs)**, sometimes known as Regional Educational Service Agencies (RESAs), are government agencies usually organized at the county or multi-county level. They assist local school districts in providing programs and services. They work directly with local school districts, MDE, and others to improve student learning.

## K-12 EDUCATION OPTIONS

**There are many options to choose from when enrolling your student in K-12 education.**

While there might be a public school in your neighborhood, you might want to send your child to a different school. School of Choice programs allow students to pick the school they want to go to within their own district and/or in another district. Participation in choice programs is optional for districts. Interested parties will need to contact districts directly for detailed information regarding their program.

## Public School Academy (PSA)

Often called charter schools, PSAs are state-supported public schools but are not part of a local school district. Instead, they operate under a charter contract issued by a public authorizing body. Charter schools may include grades K-12 or any combination of those grades. They may not charge tuition. They may not screen out students based on race, religion, gender, or test scores. If the number of students applying exceeds the school's enrollment capacity then students are randomly selected for admission. Contact your local charter school for more information.

## Home School Education

Home school education is the responsibility of the parent or legal guardian. The parent or guardian assigns homework, gives tests, and grades these tests. They also issue report cards, transcripts, and diplomas. The parent or guardian does not need to have a teaching certificate, but they do need at least a bachelor's degree to be approved unless they claim a sincerely held religious belief against teacher certification. There are no public funds available for homeschooling. MDE's website provides additional information on homeschooling.



<https://www.michigan.gov/mde/services/flexible-learning/options/nonpub-home>

## Nonpublic Schools

Nonpublic schools include Private, Denominational, and Parochial schools. If you are interested in enrolling your student in a nonpublic school, contact your local or preferred church, diocese, or synod.

**Many public school districts or regions of school districts offer programs that serve different kinds of learners:**

## Alternative Education

Alternative Education serves students who are at-risk of not graduating with their class or who have needs not being met in a traditional school setting. To help meet barriers, these programs might include things like small classes, childcare, and/or online learning.

## Career and Technical Education Programs

Career and Technical Education programs in high school teach students skills in careers, such as culinary arts, health sciences, automotive, and more. Most programs offer early college credits and workplace experience so that students have the skills to enter and succeed in their careers.

## An Early Middle College

A five-year program designed for students to earn both a high school diploma, and either an associate degree or a professional certification. To look up which programs might be near you, visit the MDE Early Middle College website at:



To look up which programs might be near you, visit the MDE Early Middle College website at: <https://www.michigan.gov/mde/Services/flexible-learning/middle-colleges>

# HELPFUL HINTS



To learn more about the schools in your area, including ratings and school quality information, please visit: <https://www.greatschools.org/>

## Individualized Education Program (IEP)

Your child is eligible for special education if they have a disability and need additional services to benefit from a general education program at a public school. An Individualized Education Program (IEP) will be created for your child. An IEP is a written document that talks about your child's current strengths, needs, and goals for the year.

The IEP is developed through the input of a team of people, including the parents, the student, teachers, and other people that know the child and are invited by the family or the school. This team will also decide how to put the IEP into action. The IEP is reviewed at least once per year but you can ask for a meeting to change the IEP if you feel like the plan is no longer working.

## Out Of School Programs

Your child's school might have before school and after school programs, as well as child care for days when there is no school. These programs often have a fee but if you receive state assistance you may qualify for free or reduced cost. Contact your school for more information.

There are many local organizations that provide a variety of afterschool and summer programs and activities for students. Involving your child in an afterschool activity can help them develop their skills, meet new people, and try something new. Afterschool programs can range from tutoring, the arts, developing life skills and leadership, sports, science, and more. Being involved in any type of afterschool program can help your child do better in school.



One directory of organizations that provide free or low-cost afterschool programs can be found at:  
[www.discoveryourspark.org](http://www.discoveryourspark.org)

## Federal Student Aid (FAFSA)

**Anyone who is planning on going to college in the next academic year should fill out the Free Application for Federal Student Aid (FAFSA).** It is the form that you need to fill out to get any financial aid from the federal government to pay for college. Many states and colleges also use the FAFSA to figure out how much student aid they will give out. Filling out the FAFSA can unlock available low-interest federal loans, which are less expensive to pay back than many private student loans. Many work-study programs and merit-based scholarships also require that the FAFSA is completed.



To complete the form, visit:  
[www.studentaid.gov](http://www.studentaid.gov)

# ADDITIONAL RESOURCES AND ADVOCACY

## Disability Rights Michigan (DRM)

Disability Rights Michigan (DRM) provides advocacy services and lawyers advise individuals with disabilities of their rights and responsibilities for their human, civil, and legal rights within the state of Michigan. DRM has broad authority to monitor institutions, such as school districts, and advocate for people with disabilities.



For more information, visit:  
<https://www.drmich.org/>

**OR**



For more information, call:  
**517-487-1755**

## Michigan Alliance for Families

A statewide resource to connect families of children with disabilities to resources to help improve their children's education. They help facilitate parent involvement as a means of improving educational services and outcomes for students with disabilities.



<https://www.michiganallianceforfamilies.org/>

**OR**



For more information, call:  
**800-552-4821**

## Student Advocacy Center of Michigan

Works with students and their families to stay in school, realize their rights to a quality public education, grow, and experience success. They provide education advocacy and support, education mentoring, dropout prevention, and family support. They focus on low-income youth, youth in foster care or a homeless situation, students with mental illness, youth impacted by school discipline, and youth facing barriers to enrolling in or attending school.



For more information, visit  
<https://www.studentadvocacycenter.org/>

**OR**



To access their statewide helpline, call:  
**855-688-1916**

Youth in foster care are eligible for financial assistance for college from the State of Michigan. These programs include:

## Education and Training Vouchers (ETV)

ETV awards up to \$5,000 towards school-related costs and living fees for youth that were in foster care after the age of 14. Samaritas manages the program in Michigan on behalf of the state.

Eligibility requirements, how to apply, and more information about the program can be found by visiting:



visiting:

<https://mietv.samaritas.org/>

**OR**



By calling:

**877-660-METV**

## Foster Youth in Transition (FYIT)

FYIT is available to every foster youth age 14 and older in foster care. These funds are available by application by the Foster Care Specialist. Go to this site for more information on eligibility, how to apply, programs offered, and expenses that are covered:



<https://www.michigan.gov/fyit>

## Fostering Futures Scholarship (FFS)

FFS provides eligible foster youth with up to \$3,000 for tuition, room and board, books, and supplies required for enrollment at Michigan colleges and universities. FFS is available to students on a first-come, first-serve basis and one application must be completed each academic year.



For more information, visit:

<https://www.michigan.gov/setwithmet/scholarship>

# WHERE DOES THE MONEY COME FROM?

School funding is a blend of federal, state, and local dollars. Ninety-two percent of K-12 education is financed by state, local, and private sources. Only 8% of education is funded at the federal level, which includes funds not only from the ED, but also from other Federal agencies such as the Department of Health and Human Services' Head Start program and the Department of Agriculture's School Lunch program.

The state funds public schools largely through the State Education Tax (SET), passed through Proposal A. SET consists largely of property taxes from Michigan residents, as well as a combination of state income tax and sales tax. School funding is also tied to each student counted in a district's membership. Districts receive a foundation allowance, which is a per-student funding amount.



# EMPLOYMENT



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# PROGRAMS AVAILABLE

The Employment and Training Administration, which falls under the U.S. Department of Labor, aims to provide:

High-Quality Job  
Training

Employment

Labor Market  
Information

Income Maintenance  
Services

A division of the Employment and Training Administration is the Workforce Innovation and Opportunity Act (WIOA). The WIOA is designed to help job seekers find employment, education, training, and support services to succeed in the labor market and to match employers with the skilled workers they need to compete in the global economy. In Michigan, those programs are provided by Michigan Works! agencies. WIOA programs are as follows:

## The Adult Services Program

Provides individualized career and training services to help job seekers who are at least 18 years old. Priority is given to low-income individuals, low-skilled individuals, and recipients of public assistance.

## The Dislocated Workers Program

Provides training, job search, and other assistance for workers who have been laid off or are about to be laid off.

## The Youth Services Program

Serves eligible youth, ages 14-24, who face barriers to education, training, and employment. The program focuses primarily on out-of-school youth.

## The Wagner-Peyser Program

A nationwide system of public employment offices, now known as the Employment Service. The Employment Service provides job search assistance, help getting a job referral, and placement assistance for job seekers.

## Vocational Rehabilitation Services Programs

Assist individuals with physical or mental disabilities to obtain employment and live more independently by providing counseling, medical and psychological services, and job training.

# AM I ELIGIBLE?

## The Adult Services Program

An individual must be 18 years of age or older, a U.S. citizen or eligible non-citizen, and registered with Selective Service (if applicable) to receive services under the WIOA Adult program. Priority is given to veterans, recipients of public assistance and other low-income individuals; individuals who need assistance developing work skills; and individuals with other barriers to employment.

Training services may be made available to employed or unemployed adults who meet the eligibility criteria for training services.

## The Dislocated Workers Program

An individual must be 18 years of age or older, a U.S. citizen or eligible non-citizen, and registered with Selective Service (if applicable) to receive services under the dislocated worker program. This program is for workers who have been laid off or are about to be laid off.

## The Youth Services Program

The WIOA Title I-B Youth Employment and Training Program serves out-of-school and in-school youth.

## Eligibility For Out-Of-School Youth

Youth must be 16-24 years old, and one of the following: a school dropout; a youth who is within the age of compulsory school attendance, but has not attended school for at least the most recent complete school year calendar quarter; a low-income individual with a school diploma who does not have basic work skills or an English language learner; a youth offender; a homeless individual; a youth who is pregnant or parenting; a youth who has a disability; a low-income individual requiring additional assistance to enter or complete an educational program or to secure or hold employment.

## Eligibility For In-School Youth

You must be 14-21 years old, and one of the following: attending school (as defined by state law); a low-income individual who does not have basic work skills, an English language learner or is an offender; a homeless individual; a pregnant or parenting individual; a youth who has a disability; an individual who requires additional assistance to complete an educational program or to secure and hold employment. Special Rule: "low-income" also includes a youth living in a high-poverty area.

## The Wagner-Peyser Program

Services are available to any job seeker, regardless of employment status. Veterans receive priority, and disabled veterans receive the highest priority.

## Vocational Rehabilitation (VR) Services

To qualify, an individual must have a physical or mental impairment that presents a substantial barrier to employment and need VR services to prepare for, get, keep, or regain a job. People who receive Supplemental Security Income (SSI) and/or Social Security Disability Insurance (SSDI) benefits are considered eligible for VR, unless they are too disabled to benefit.

# HOW DO I ACCESS PROGRAMS?



Find a Michigan Works! near you:

<https://www.michiganworks.org/michigan-works-network>

**OR**

Call your Local Michigan Works! service center at:



**800-285-9675**

# HELPFUL HINTS

Be prepared emotionally and physically when seeking employment. Looking for employment is a job in itself. Job seekers generally spend 11 hours per week looking for employment. If you are not currently employed, perhaps putting in 20-25 hours per week will keep you ahead of the game.

## Resumés And Cover Letters

Make sure that you have an updated resumé that highlights your accomplishments instead of just listing your job responsibilities. Use quantifiers (numbers or percentages) on your resumé, such as “increased monthly sales by 50%”. Write a cover letter and tailor it to the job you are applying for. Do not repeat what is already on your resumé. Have people review your resumé and cover letter before submitting it to potential employers.

## Social Media

Employers often search the internet about their potential employees. Google your name to see what kind of information you find out about yourself and see what is public information. Clean up your social media accounts, look at who and what you are connected with, and delete anything that is inappropriate. Create a LinkedIn account and complete your profile so potential employers can look you up.

## Interviewing

Interviewing is nothing more than a conversation between two or more people, but you must be on your best behavior and be prepared. Employers want to know how you behaved in previous employment situations. Use the STAR technique when responding to interview questions to describe the Situation, Task that was assigned, Action you took, and Result. Mock interviews can be helpful to give you practice on what to say for common interview questions. Think about and write out thoughtful questions that you have about the job or company for the interview, but let the employer bring up salary or benefits. Don't sound too rehearsed in an interview and deliver your answers with sincerity. Some interviews may be done over the phone or a virtual platform like Zoom. Make sure you have correct lighting and are in a calm, quiet environment for your interview.

See “How to apply for unemployment benefits” in Appendices (Page 144)

# ADDITIONAL RESOURCES



Search for career and training opportunities on the Pure Michigan Talent Connect website here:

<https://www.mitalent.org/>



There is also a very helpful page with lots of resources and job opportunities for formerly incarcerated individuals:

<https://www.mitalent.org/returning-citizens>

## Veterans Employment Services (VES)

Veterans Employment Services (VES) at the State of Michigan can provide career guidance, assessment interviews, employer outreach, and staff-assisted job search activities for veterans and their eligible spouses. Visit a Michigan Works! Service Center to be connected to a Veterans' Career Advisor with VES. Additional information and resources for veterans, such as using GI Bill benefits for education and training, and entrepreneurship and franchising opportunities can be found on the VES website:



<https://www.michigan.gov/leo/bureaus-agencies/wd/panel-veterans>

## Pathfinder

Pathfinder is a free online tool for finding educational paths, careers and outcomes. It uses current labor market information, longitudinal wage data and other institutional data and metrics, allowing people to better match skills to career paths and jobs. Pathfinder is designed to attract and retain qualified talent to fill targeted industry skills gaps in Michigan.



<https://pathfinder.mitalent.org/>

# WHERE DOES THE MONEY COME FROM?

The U.S. Department of Labor (DOL) supports and promotes the welfare of the job seekers, wage earners, and retirees of the United States by improving their working conditions, advancing their opportunities for profitable employment, protecting their retirement and health care benefits, and helping employers find workers. The Employment and Training Administration falls under the U.S. Department of Labor, and a division of the Employment and Training Administration is the Workforce Innovation and Opportunity Act (WIOA). The WIOA is designed to help job seekers access employment, education, training, and support services to succeed in the labor market and to match employers with the skilled workers they need to compete in the global economy. States are given grants based on the WIOA, which fund the Michigan Works! Service Centers.



# FINANCE



**Page 108** **Why Should You Have A Bank Account?**

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**Page 109** **Credit Score And Credit Report**

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**Page 116** **Where Does The Money Come From?**

# WHY SHOULD YOU HAVE A BANK ACCOUNT?

## Having A Bank Account Can Be A Great Tool For Managing your Personal Finances

Account statements can help you figure out how and where you are spending your money. This information can help you make a savings plan. Additionally, personal savings accounts often pay interest, which basically earns you free money (although this is often a small amount). **Having a bank account also avoids having to use expensive money orders to pay expenses or bills.**

## Payday Loans

Many people use payday loans when they have an emergency situation and need money fast. Payday lenders are often nearby and an easy way to get a loan quickly, especially for those who have bad or no credit or little or no savings.

**However, they can be quite damaging to your financial health.** Payday loans have high interest rates, which means that not only do you have to pay back the loan itself but also additional high fees, often in a short amount of time. Many people do not have the money to pay back the full loan and interest, which creates an ongoing cycle of taking payday loans to pay off previous loans. Often payday loans have interest rates of 300-500% while interest loans from the bank are much, much lower (single or double digits).

**For example,** if you borrow \$100 from a payday lender you might end up paying back \$300 to \$500 based on the interest rate and how long it takes for you to pay the money back. It typically takes nine months for the average person to get out of the payday loan cycle.

**To avoid needing a payday loan, building savings and improving credit will help you have financial resources for emergencies or have options for loans at a lower interest rate.**

# CREDIT SCORE AND CREDIT REPORT

Your credit score is a three-digit number that acts as a gauge of how financially responsible you have been in the past. It lets creditors know if you are a good candidate for a new credit account, such as a bank loan or mortgage. Having a high credit score means you are likely a low-risk borrower, while having a low credit score means you raise some red flags with potential new creditors. This could mean that you might be denied credit to buy a car or house or you might have to pay a high interest rate. Your credit score is based on the information found in your credit report. The following categories make up your credit score:

Payment History	<b>35% Of Your Score Calculation</b>
Balances Owed Versus Available Credit	<b>30% Of Your Score Calculation</b>
Length Of Credit History	<b>15% Of Your Score Calculation</b>
New Credit	<b>10% Of Your Score Calculation</b>
Types Of Credit Accounts Used	<b>10% Of Your Score Calculation</b>

Credit bureaus, also called credit reporting agencies, are companies that collect and maintain consumer credit information. The three major credit agencies in the United States are Equifax, Experian, and TransUnion. The credit bureaus do not have to give you access to your credit scores – only your credit reports.

However, you can view your credit scores by requesting it directly from your credit bureau. You may also have access to a free credit score through your credit card company or bank.

Having access to your credit report and score is an important part of being financially fit. Your credit report provides detailed information about your financial track record, including current and past credit accounts such as credit cards, loans, mortgages, and other debts. Credit entries in your credit report also contain information about your balances, both past and present, your payment history, when creditors ask about your credit, and any negative marks like bankruptcy, foreclosure, collections accounts, or court judgment against you.

**Knowing what's included in your credit report helps you better understand how to improve your credit if needed, and it allows you to spot fraudulent or inaccurate activity related to your financial accounts.**

Each of the three credit bureaus must give you a free copy of your credit report every year. You have this right once every 12 months through Equifax, Experian, and TransUnion. **They created the website [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) to get your annual credit report for free.** A great way to monitor your credit for free is to use sites such as Credit Karma, Mint Money Manager, Credit Sesame, or Nerd Wallet. Search for one of these websites and follow the directions to join.

## **The credit bureaus also provide different services to help you manage your identity and credit profiles:**

### **Credit lock**

Through a credit lock, you can quickly lock down your credit information with a specific credit bureau. Taking this simple step means that creditors cannot access your credit information with that credit bureau, which helps stop new fraudulent accounts from being made. You can sign up for a credit lock at each bureau's website or app to lock or unlock your credit report. Each bureau offers a slightly different version of the credit lock, so check exactly what you're signing up for. If you need to unlock your credit, you can do that too. If you want to fully lock your credit you will have to lock it with each credit bureau individually.

**A credit lock is one way to protect your credit reports from being used by scammers to open new, fraudulent accounts in your name.**

## Credit Freeze

A credit freeze is another way to protect your credit from scammers opening fake accounts in your name. Like a credit lock, it shuts down access to your credit information so that new potential creditors cannot check your report or open new accounts. **However, a credit freeze is governed by federal law, so it gives you more protection than a credit lock.** If an account is established in your name or another identity theft activity takes place, you have certain rights under the law not provided by a credit lock. Also, all credit bureaus have to offer a credit freeze at no cost to consumers. If you want to freeze your credit, you need to do it at each of the three major credit bureaus independently. The security credit freeze is in place until you “thaw” it. If you request a freeze, be sure to safely store the passwords that you’ll need to thaw your credit.

## Fraud Alert

A fraud alert is something you place on your credit reports with each of the credit bureaus if you have been the victim of identity theft. A fraud alert makes it more difficult for another person to create a new account in your name. Placing a fraud alert on your credit report is done by contacting one of the three credit bureaus. It is free, and the bureau you contact must inform the other two about the alert. Businesses are required to then take extra steps to verify your identity when you want to open a new account. **A fraud alert stays on your account for one year, making it less of a protection than a credit lock or a credit freeze.**

## Disputing Items

The three credit bureaus have to let you correct inaccurate information found in your credit report. The only way for you to know if there is inaccurate information is if you check your credit report. Your first step is to report the incorrect information to each credit bureau, in writing, along with documentation of why the information is wrong. You can submit credit report disputes online with each of the three credit bureaus, and they have 30 days to investigate. If they find that the data you provided is accurate, the entry is corrected or removed. The results of your dispute must be provided in writing once complete.

## Credit monitoring

Credit monitoring provides alerts that give information about changes to your credit reports through a phone call, text message, or an email. Changes to your credit report include things like new accounts created in your name, account changes, and new creditors asking for your credit report. Having access to these alerts allows you to get ahead of issues that may damage your credit, such as fraudulent activity. Each of the three credit bureaus offer credit monitoring as an ongoing service for a monthly fee.

# PROGRAMS AVAILABLE, YOUR ELIGIBILITY, AND HOW TO ACCESS THEM

## Financial Counseling

There are many organizations that provide free financial education classes and one-on-one financial counseling. Some of these organizations include Accounting Aid Society, other nonprofits, and local banks and credit unions. United Way's 211 can help you find a program in your area. **A few of these programs include:**

- GreenPath Financial Wellness



For information, visit their website at:  
<https://www.greenpath.com/>

**OR**



CALL

**877-618-4649**



For Spanish:

**844-401-0965**

- Community Housing Network's Financial Empowerment

**For individuals who are thinking about buying a house,** Community Housing Network's Financial Empowerment webinars teach budgeting and personal finance, consumer protection, credit repair, and various financial products. The free webinars are offered at various dates and times during the month. Completion of this class will satisfy scholarship requirements to attend the Michigan State Housing Development Authority (MSHDA)'s Approved Homebuyer's Education course

Registration for the Community Housing Network financial empowerment webinars is required in advance.



Visit this website for more information and to view the webinar schedule:  
<https://communityhousingnetwork.org/financial-education/>

**OR**



Call

**866-282-3119**

## Tax Preparation

### ● Accounting Aid Society

An organization that provides financial assistance to low-income individuals and focuses on tax help. Additionally, Accounting Aid Society can provide legal assistance to individuals having trouble with an audit, collection appeal, payment agreements, levies, liens, identity theft, or other similar struggles with the IRS.

At the Accounting Aid Society, families and individuals may be eligible for full service tax help to prepare and file federal, state, and local income tax returns and to ensure that all refunds and credits, such as the Earned Income Credit, are received. A maximum income amount determines if you are eligible. Contact the organization to determine this amount as it changes every year.



Visit their website for more information at:  
<https://accountingaidsociety.org/>

**OR**



To schedule an appointment with Accounting Aid Society  
please call

**313-556-1920**

### ● MyFree Taxes by United Way

A FREE preparation tax site (state and federal) is available. Simply click the link below and create a profile. The system will then take you to MyFree Taxes by United Way. This amount may change every year, so please check with the agency on the income amount allowed. Simply click the link below and create a profile. The system will then route you to the webpage of United Way.  
<https://www.myfreetaxes.com/>

# HELPFUL HINTS AND ADVOCACY

It's helpful to understand your rights under the Fair Credit Reporting Act when you call credit bureaus to discuss your concerns. These rights include:

## Access to your credit report

You have the right to access your credit report at no cost each year, but it is your responsibility to request it.

## Limited access from outside parties

Only those with a valid, verifiable need can access your credit report and you have the right to know who, when, and for what purpose the information was accessed.

## Accuracy in reporting

As stated above, credit reporting agencies need to investigate errors that you find on a credit report. If a disputed entry cannot be removed, you have a right to add a note to your file explaining your position.

## Removing negative information

You have the right to request negative information to be removed from your credit report after 7 years. Major negative entries, like bankruptcy, may remain on your report for up to 10 years.

## Protection against disclosing personal information

Safeguards are put into place so that your personal information is not shared in an unsafe manner.

## Denial information

If your application for a new credit card or loan is denied, you have the right to know the reason for the denial in writing at your request.

## Seeking damages

You have the right to seek money for damages if credit reporting agencies, creditors, or any other organization that regularly uses credit reports misuses or violates the Fair Credit Reporting Act.



To learn more about your rights, obtaining a free credit report, disputing errors and fixing your credit go to:

<https://consumer.ftc.gov/credit-loans-debt>

## To contact the three credit bureaus, visit:

### Equifax



[www.equifax.com](http://www.equifax.com)

**OR**



CALL

**888-378-4329**

### Transunion



[www.transunion.com](http://www.transunion.com)

**OR**



CALL

**888-916-8800**

### Experian



[www.experian.com](http://www.experian.com)

**OR**



CALL

**888-397-3742**

## The Federal Trade Commission Consumer Information

The Federal Trade Commission Consumer Information website provides resources to report credit fraud, register for “do not call”, report identity theft, obtain a free credit report, and other helpful financial tools.



Visit: <https://www.consumer.ftc.gov/>

# WHERE DOES THE MONEY COME FROM?

The non-profit agencies who provide financial education get money from various private, public, corporate, and individual funders and donors to provide these services.



# FOOD



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Come From?**

# PROGRAMS AVAILABLE

## The Supplemental Nutrition Assistance Program (SNAP)

SNAP, formerly known as food stamps, provides funds to buy groceries. These funds are loaded onto a Bridge Card, also known as an Electronic Benefit Transfer (EBT) card, and can be used to purchase groceries like you would using a credit or debit card. SNAP benefits can be used to buy food, seeds, and plants. It cannot be used to buy alcohol, tobacco, non-food items, vitamins, or prepared or hot foods.



SNAP Gardens Food Stamps (SNAP) can be used to purchase food-producing plants and seeds. Go to this link to find out more information:  
<https://www.snapgardens.org/>

## ● Am I Eligible?

Participants must be a U.S. citizen, or a non-citizen meeting one of the following criteria:

- Have lived in the U.S. for at least 5 years
- Receive disability-related assistance or benefits
- Are under the age of 18

**Eligibility is based on the finances of all members of a household.** Everyone who lives together and purchases and prepares food together is considered a member of the same household. The program reviews the household's expenses, assets, and income to determine eligible benefits.

Seniors age 60 and older and their spouses who live with other people can be considered part of a different household in certain situations. The senior can not shop and make their own food because of a permanent disability and the rest of the household must be low-income. For example, two grandparents live with their children and grandchildren in one house. The grandparents eat the same meals as the rest of their family because one of them is blind and can't shop or cook. The grandparents can get their own separate SNAP benefits if their children and grandchildren that do the shopping and cooking for them are low-income.

Normally, you are not eligible for SNAP benefits if an institution (such as a rehab facility) gives you most of your meals. However, residents of federally subsidized housing for the elderly may be eligible for SNAP benefits, even if they receive their meals at the facility.

Also, disabled persons who live in certain non-profit group living arrangements (small group homes with no more than 16 residents) may be eligible for SNAP benefits, even if the group home prepares their meals for them.

People ages 18-49 who are able to work must meet work requirements of at least 20 hours per week. The requirement can be met by working, participating in an approved employment and training program, or volunteering at a non-profit organization. Participants may only receive food assistance benefits for up to three months within a 36-month period without meeting these work requirements.

Participants do not have to meet these work requirements if they are physically or mentally unable to work; receive Retirement, Survivors and Disability Insurance due to disability or blindness, or receive Supplemental Security Income or State Disability Assistance; are pregnant; receive or are an applicant for unemployment benefits; participate in a drug or alcohol treatment and rehabilitation program; attend training or college at least half-time and meet the student eligibility criteria to receive food assistance; care for an incapacitated person or a child under 6 (they do not have to live with the participant); or live in a household with a child under age 18.

## ● How do I get help?

You can apply for SNAP through MIBridges. Visit the Michigan Department of Health and Human Services chapter in this book for more information.

## The Emergency Food Assistance Program (TEFAP)

TEFAP is a federal program that provides food to food banks, pantries, and soup kitchens that directly serve the public.

## ● Am I Eligible?

Whether or not you are eligible to receive TEFAP foods to take home depends on your household income level. For meals that local organizations prepare and serve in a group setting, you do not have to meet a certain income level because these organizations have already shown that they serve mostly low-income people. States set income standards for participation each year. Michigan income guidelines have typically been based on 200% of federal poverty income guidelines. Check with a TEFAP provider to see if you are eligible.

## ● How do I get help?

You can access a local TEFAP-funded organization in two ways: 1) getting foods from a food pantry to take home, or 2) eating a meal with a group of people at a meal site or soup kitchen. To find local food pantries, soup kitchens, and/or summer meal sites call 211.

## The Women, Infants, And Children Program (WIC)

WIC provides nutritious food and nutrition education for low-income, at-risk women, infants, and children up to age five. WIC participants get funds on an EBT card to purchase specific approved foods. WIC participants also get nutrition education, counseling, screenings, and referrals to other health and social services. WIC promotes breastfeeding. For women who do not fully breastfeed, WIC provides iron-fortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician for a specified medical condition.

## ● Am I Eligible?

Caregivers with a low- to medium- income and those who are part of other programs such as foster care, medical assistance, or SNAP are eligible. You can stay on WIC for one year after your baby is born if you are breastfeeding, or six months if you are not breastfeeding. Children can receive WIC from birth to their fifth birthday. Clients must live in Michigan, meet income guidelines, and renew their WIC certification yearly.

## ● How do I get help?



For information, visit their website at:

<https://www.michigan.gov/mdhhs/assistance-programs/wic/aboutwic>

**OR**



CALL

**800-942-1636**

# PROGRAMS FOR CHILDREN

## **School Breakfast Program (available in certain districts)**

Provides breakfast to eligible children each school day.

## **National School Lunch Program (and breakfast, if offered in your district)**

Provides free or reduced price lunch to eligible children each school day.

### ● **Am I Eligible?**

Children may be eligible for free meals if they fall in certain categories, such as participating in SNAP or their status as homeless, migrant, runaway, or foster child. Children can also qualify for free or reduced price school meals based on household income and family size. Children from families with incomes at or below 130% of the federal poverty level are eligible for free meals. Those with incomes between 130%-185% of the federal poverty level are eligible for reduced price meals.

### ● **How do I get help?**

Schools send school meal applications home at the beginning of each school year. You may apply for school meals at any time during the school year by submitting an application directly to your school or district. If you receive SNAP benefits, all of your children who attend school will be approved for free school meals, but you must submit a school meal application.

## **Summer Food Service Program (Called Meet Up and Eat Up In Michigan)**

Provides meals and snacks to low-income children during the summer.

### ● **Am I Eligible?**

All children and teens 18 years old and younger are eligible to participate.

### ● **How do I get help?**



For information, visit their website at:

<https://www.mcgi.state.mi.us/schoolnutrition/>

**OR**



BY CALLING

**211**

# PROGRAMS FOR SENIORS

## The Commodity Supplemental Food Program (CSFP)

Provides food assistance for low-income seniors with a monthly package of USDA products. Commodity foods are things like juice, canned fruits and vegetables, dried fruit, peanut butter, canned meat and fish, shelf-stable milk, cheese, cereal, oats, pasta, rice, and dry and canned beans.

### ● Am I Eligible?

States set income standards for participants every year. In Michigan, eligibility guidelines have been based on 130% of federal poverty income guidelines. Check with a program provider to see if you are eligible. Participants must be 60 years of age or older.

### ● How do I get help?

The Commodity Supplemental Food Program (CSFP) works to improve the health of income eligible persons at least 60 years of age by supplementing their diets with nutritious USDA foods. CSFP is distributed monthly to approved participants through community action agencies and food banks.



<https://www.michigan.gov/mde/services/food/food-distribution/household-food-distribution/commodity-supplemental-food-program>

## Meals On Wheels

Delivers hot or frozen meals Monday-Friday to the homes of seniors age 60 and older who cannot leave their homes. In addition to providing meals, this program provides a daily check-in for isolated seniors.

## Holiday Meals

Serves meals to home-bound senior clients age 60+ on Easter, Thanksgiving, and Christmas.

### ● Am I Eligible?

Seniors age 60 years or older and are unable to leave their house unassisted are eligible. There is often a waiting list.

### ● How do I get help?

Dial 211 or contact your local United Way Call Center.

## Congregate Meals

Individuals age 60 and older get a hot lunch on weekdays at community lunch sites, like senior centers.

### ● Am I Eligible?

Seniors age 60 and older are eligible.

### ● How do I get help?

To access Meals on Wheels, Holiday Meals, and Congregate Meal sites, contact Dial 211 or contact your locally United Way Call Center.



CALL:  
**211**

**Monday - Friday**

**Available 24 hours a day/7 days a week**



211 Call Center Information, visit their website at:  
<https://mi211.org/>

## Food Pantries

Contact the food pantry for their specific eligibility requirements or dial 211 to speak to a United Way representative for food pantry details.

# HELPFUL HINTS

## Double Up Food Bucks (DUFEB) Program

People who receive SNAP are also often automatically eligible for other programs, such as the Double Up Food Bucks (DUFEB) program. At participating DUFEB grocery stores and farmer's market locations, shoppers who have SNAP can get up to \$20 in tokens to purchase Michigan-grown fruits and vegetables



To learn more and see which retailers participate in the program, visit:  
[www.doubleupfoodbucks.org](http://www.doubleupfoodbucks.org)

## WIC-Approved Foods



To find WIC-approved foods, look for the WIC shelf tags at participating stores, or visit:

[https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder2/Folder63/Folder1/Folder163/Food\\_Guide\\_FINAL\\_English.pdf?rev=f94db6680b85408d80c5718f73b4cda5](https://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder2/Folder63/Folder1/Folder163/Food_Guide_FINAL_English.pdf?rev=f94db6680b85408d80c5718f73b4cda5)

**Michigan households who receive food assistance are able to buy food online from Amazon.com and Walmart.com using their Bridge Cards. Purchases can be made on eligible food items just as one would use a credit or debit card for an online purchase. SNAP benefits cannot be used to pay for delivery fees. Cash assistance and WIC benefits cannot be used for online purchases.**

## WIC's Project FRESH Program

Provides WIC clients with locally grown fresh fruits and vegetables from authorized farmers, farmer's markets and roadside stands throughout Michigan. Enrolled WIC clients, excluding infants, may be eligible to receive a \$25 booklet containing five \$5 coupons for use June 1-October 31 in the year the booklet is issued.



You can find participating farmers markets at:  
<http://mifma.org/findafarmersmarket/>

## Senior Project FRESH/Market FRESH

Senior Project FRESH/Market FRESH is a program aimed at helping older adults eat healthier as they age. The program provides participants free nutrition counseling and \$25 coupons that can be exchanged for fresh fruits, vegetables, and other healthy foods sold at local farmers markets and roadside stands. The program runs from May 1-October 31 each year.



Learn more at:  
<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/special-programs/senior-project-freshmarket-fresh>

# ADDITIONAL RESOURCES AND ADVOCACY

**SNAP:** If you disagree with a decision in your case, you may request a hearing with an official who is required by law to review the facts of your case in a fair and objective manner. You must request a hearing within 90 days of the day your local SNAP office made the decision in your case that you disagree with. You can request a hearing over the phone, in writing, or in person at your local SNAP office. Although a hearing cannot change the laws or regulations governing SNAP, it can ensure that decisions on your case have been made correctly.

**WIC:** A helpful guide for accessing and using the WIC program can be found here:



English

[https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC\\_WelcomeBookletRev\\_NoMarks.pdf?](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC_WelcomeBookletRev_NoMarks.pdf?)



Spanish

[https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC\\_WelcomeBookletRev\\_ES\\_NoMarks.pdf?](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC_WelcomeBookletRev_ES_NoMarks.pdf?)



Arabic

[https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC\\_WelcomeBookletRev\\_AR\\_NoMarks1.pdf?](https://www.michigan.gov/mdhhs/-/media/Project/Websites/mdhhs/Assistance-Programs/WIC-Media/MichWIC_WelcomeBookletRev_AR_NoMarks1.pdf?)

# WHERE DOES THE MONEY COME FROM?

## **The Supplemental Nutrition Assistance Program (SNAP)**

The federal government pays for 100% of SNAP benefits. It is administered by the USDA. Federal and state governments share the administrative costs of SNAP, with the federal government paying nearly 50%. It is reauthorized by the federal Farm Bill every 5 years.

## **The Emergency Food Assistance Program (TEFAP)**

TEFAP is administered by the federal government through the USDA. Funding for TEFAP is determined on an annual basis by Congress. TEFAP is reauthorized by the federal Farm Bill every 5 years.

## **The Women, Infants, and Children Program (WIC)**

WIC is a federal grant program for which Congress authorizes a specific amount of funds each year.

## **The National School Lunch Program (and breakfast, if offered in your district)**

School districts that choose to participate in school breakfast and/or lunch programs receive cash subsidies from USDA for each meal they serve. In return, they must serve breakfasts that meet federal requirements, and they must offer free or reduced-price breakfasts to eligible children.

## **Summer Food Service Program (Meet Up and Eat Up)**

Summer Food Program (Meet Up and Eat Up) is a federally funded, state-administered program that reimburses providers who serve free healthy meals to children and teens (18 and younger) in low-income areas during the summer months when school is not in session. Sponsors—places like schools, camps, faith-based organizations, and non-profits—enter into agreements with the state to run the program and they may manage multiple sites where children receive meals in a safe and supervised environment.

## **The Commodity Supplemental Food Program (CSFP)**

CSFP is funded by the federal government through the USDA. The USDA distributes food and administrative funds to states and Indian Tribal Organizations to operate CSFP. State agencies distribute food to local public and private non-profit agencies. The local agencies determine eligibility and distribute the food.

## **Meals On Wheels**

Meals on Wheels program is funded by the Older Americans Act.

## **Holiday Meals**

Holiday Meals is funded by private donations to ensure vulnerable and isolated seniors receive a nutritious meal during the holidays.

## **Congregate Meals**

The Older Americans Act Nutrition Program is passed and reauthorized by Congress. Through the Older Americans Act Nutrition Program, grants are provided to states to support nutrition services for older people through congregate meals.



# HEALTHCARE

INSURANCE AND HOW TO GET CARE

MENTAL HEALTH

SUBSTANCE USE



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# INSURANCE AND HOW TO GET CARE

## PROGRAMS AVAILABLE

### Health Care Insurance

It is very important that individuals and families obtain health care coverage. In Michigan, there are many health care programs available to children, adults, and families. Specific coverage may vary depending on the program and the applicant's citizenship status. Some non-citizens may be limited to coverage of emergency services only. There are two main sources of health insurance coverage: private insurance (often either provided by an employer, or by purchasing it independently, such as through the Health Marketplace), and public insurance (Medicaid, Healthy Michigan, and Medicare).

**The goal of public health care programs is to ensure that essential health care services are available to those who otherwise do not have the financial resources to pay for them. This chapter will cover the three main public insurance programs and options for people to get care if they do not have insurance.**

- **Medicare** is the federal health insurance program for people who are 65 and older, certain younger people with disabilities, and people with End-Stage Renal Disease (ESRD). There are three parts of Medicare that cover specific services.
  - Medicare Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
  - Medicare Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services.



Medicare Part D helps cover the cost of prescription drugs, including many recommended shots or vaccines.

- **Medicaid** provides health coverage to eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is carried out by states according to federal requirements.
- **Healthy Michigan** is a health care plan for low-income people who do not qualify for Medicaid or Medicare. As part of the Affordable Care Act (also often referred to as “Obamacare”), states had the option to develop a program that would expand Medicaid benefits to people with incomes above the poverty level that were uninsured. Therefore, Michigan created Healthy Michigan.

**All Medicaid and Healthy Michigan health plans cover medically necessary services such as ambulance, chiropractic, doctor visits, emergency care, family planning, health checkups, hearing and speech, home health care, hospice care, hospital care, immunizations (shots), lab and x-ray tests, medical supplies, medicines, mental health services, physical and occupational therapy, podiatry, prenatal care and delivery, surgery, and vision.**

Although all Medicaid and Healthy Michigan health plans are required to provide the services listed above, some services are limited. Your doctor or health plan can tell you what Medicaid and Healthy Michigan cover.

# WHERE TO GET CARE?

## Community Health Centers (CHCs)

Community health centers (CHCs), also called federally qualified health centers (FQHCs), are local clinics that provide care to people who live in medically underserved areas. FQHCs accept Medicaid, Medicare, Healthy Michigan, and most other insurance plans.

They also serve people who don't have insurance and can help people apply for Medicaid or Healthy Michigan. If a patient does not have insurance, the FQHC will charge a fee based on the patient's income. This is called a sliding fee. Contact the FQHC to get more information on what insurance plans they accept and what fees they might charge for people who don't have insurance.

- The mission of an FQHC is to provide high-quality, affordable, comprehensive medical services to everyone, regardless of who they are, where they come from, or ability to pay, all under one roof. **FQHCs provide a range of health services, including primary care, dental care, behavioral health services, substance use disorder treatment, vision, and pharmacy services.**

They also may provide transportation, health education, and translation. They are governed by a community board made up of at least 51% patients who represent the population served. Most often, people can get an appointment within a few days. New patients are always accepted.



To find a free clinic near you, please visit: Free and Charitable  
Clinics of Michigan:  
<https://www.fcomi.org/>

**OR**



For more information, contact:

**248-635-8695**

# AM I ELIGIBLE?

## Health Care Insurance

Public health care coverage is available to individuals and families who meet certain eligibility requirements. The Michigan Department of Health and Human Services (MDHHS) determines eligibility for most of the health care programs that are administered by the State of Michigan. All of the health care programs in Michigan use income to determine eligibility, and some of the programs also look at the assets a person has. These income and asset guidelines may vary with each program. For some of the programs, the applicant may have income that is over the income limit and still be able to obtain health care benefits when their medical expenses equal or exceed their deductible (formerly known as spend-down) amount.

There are many different federal and state laws and programs that support health care insurance. Some programs support specific groups like children, individuals with disabilities, and pregnant mothers. When selecting a health insurance program, talk with an insurance agent if any of these categories apply to you and your family.

## Where to get care

Everyone is able to receive services at FQHCs. There are no eligibility requirements.

# HOW DO I APPLY FOR HELP?

There are a few main ways to apply for coverage:

- 1 Health Insurance Marketplace
- 2 MI Bridges
  - Online
  - Through your local MDHHS office

## ● **Heath Insurance Marketplace**

The Open Enrollment period (when anybody can sign up for coverage) is from **November 1 through December 15**. You cannot sign up for coverage through the Marketplace at any other time, unless certain life events happen to you, such as losing your job, moving, getting married, having a baby, or adopting a child. This is called a **Special Enrollment Period** and you may have 60 days before or 60 days following the event to enroll in a plan.



To use the Heath Insurance Marketplace, fill out an application and enroll in a Marketplace health plan by visiting: <https://www.healthcare.gov/>

- **MI Bridges** is the platform that Michigan uses to enroll people into a number of programs, including public health care coverage. By filling out one application, you will determine your eligibility for a number of health care programs, including Medicaid, Healthy Michigan Plan, MICHild, and Healthy Kids. You can apply for these programs at any time. Please see the Michigan Department of Health and Human Services chapter in this book for more information on applying and using MI Bridges.

There are many health insurance companies that create health plans that follow Medicaid or Healthy Michigan Plan guidelines and are authorized by the State of Michigan to deliver health care. Health Plans in Michigan include: **Aetna Better Health of Michigan; Blue Cross Complete of Michigan; HAP Empowered; McLaren Health Plan; Meridian Health Plan of Michigan, Inc.; Molina Healthcare of Michigan; Priority Health, and UnitedHealthcare Community Plan.**

When you are eligible for Medicaid or Healthy Michigan, you can select one of these plans. When you are deciding what plan to pick, look to see what plans your doctors accept as payment; which plans cover any prescriptions you need; and what additional services the plans cover that you might need. If you do not select a plan, you might automatically have a plan chosen for you.



To select a health plan, visit:

<https://www.healthcare4mi.com/MISelfService/resources/portal/index.html>

**OR**



If you are eligible for Medicaid or Healthy Michigan Plan, call Michigan ENROLLS at:

**800-975-7630**

Speech/Hearing impaired TTY

**888-263-5897**

# HELPFUL HINTS

## State Health Insurance Assistance Program (SHIP)

SHIP is a free, federally funded program providing local, unbiased, and in-depth counseling for Medicare beneficiaries, their families, and caregivers. Established in 1990, SHIPs operate in every state to help navigate Medicare options, compare plans, understand costs, and assist with claims or appeals.



For more information visit:

<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/acls/state-health-insurance-assistance-program>

**OR**



CALL

**800-803-7174**

## Premiums And Deductibles

When shopping for a plan, keep in mind that the plan with the lowest monthly premium may not be the best match for you. If you use a lot of health care services, a plan with a slightly higher premium but a lower deductible may save you a lot of money.

## You Are An Important Part Of Your Health Care Team

It is important to go to all your medical appointments and to talk to your health care team (doctors, pharmacists, nurses, physician assistants, etc.) about your medical conditions, the medicines you take, and any health concerns you have.

**It may help to make a list of questions or concerns before your visit or have a close friend or relative come to your appointment with you. When your doctor makes a recommendation, consider asking the following questions as they apply:**

- **What is the test for?**
- **How many times have you done this procedure?**
- **When will I get the results?**
- **Why do I need this treatment?**
- **Are there any alternatives?**
- **What are the possible complications?**
- **Which hospital is best for my needs?**
- **How do you spell the name of that drug?**
- **Are there any side effects?**
- **Will this medicine interact with medicines that I'm already taking?**

**Medicines can be expensive.** Tell your doctor if you are worried about the cost because they might be able to tell you about less expensive options, such as generic drugs. Shop around at different stores or pharmacies. If your doctor gives you a prescription for a new medicine, ask your doctor for samples you can try before filling the prescription. You can also consider buying in bulk or by mail order, if your doctor recommends it.

# ADDITIONAL RESOURCES AND ADVOCACY

**It is important that you know your rights under your health care plan.** You have the right to choose your primary provider, receive quality health care, be treated with respect, get all the facts from your primary provider about your health and treatment, know about alternative procedures or treatments, say no to any medical services you disagree with, get a second medical opinion, be told what services are covered by your insurance plan and what costs are required, get help with any special disability or language needs, have your medical records kept confidential, and appeal to your health plan when it denies to pay for a service.

**If you receive poor medical care, first bring up your complaints to your doctor and nurses.**

Be as specific as you can and ask how your complaint can be resolved. You can call or write a letter to your health plan about your complaint or concern. If you are not satisfied with their response, you have the right to file a grievance. Be sure to read your health plan's member handbook for more instructions.

**Having insurance and getting routine medical care is an important part of keeping healthy.**

There are many things you can do to ensure that you are staying healthy, especially if you are diagnosed or at-risk of getting a chronic condition, like diabetes, high blood pressure, or heart disease. Many health-focused non-profit organizations, like the National Kidney Foundation of Michigan, have information about these different diseases and host proven programs to help people stay healthy. **For a list of these programs from the National Kidney Foundation of Michigan, please see the appendix.**

**The WISEWOMAN Program** helps participants understand their cardiovascular disease risk factors and make healthy lifestyle choices. Participants in this program work with health coaches to make lifestyle behavior changes that help with risk factors and symptoms. Making healthy choices may also keep participants from developing any new risk factors.



For more information visit: **WISEWOMAN Program**

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/cancer/wisewoman>



Email:  
**MDHHS-MIWISEWOMAN**  
[@michigan.gov](mailto:MDHHS-MIWISEWOMAN@michigan.gov)

**OR**



Call:

**844-446-8727**  
**(TTY 711)**

**if you have questions or need help enrolling. Interpreters available.**

**The Breast & Cervical Cancer Control Navigation Program (BC3NP)** is a community based partnership created to help provide uninsured or under-insured individuals, who face high out of pocket costs due to insurance deductibles, full access to breast and cervical cancer screenings.



For more information visit:

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/cancer/bc3np>

**OR**



Please call:

**844-446-8727**



Please email us at  
**BC3NP@michigan.gov.**

**The Michigan Department of Health and Human Resources** has a list of free or low-cost dental services.



Please visit the website for more information

<https://www.michigan.gov/mdhhs/assistance-programs/healthcare/help/type/free-or-low-cost-care-from-a-dentist>

**The Long Term Care Ombudsman** is an advocacy resource for older adults that strives to improve the quality of care and quality of life experienced by residents who reside in licensed long term care facilities. Ombudsmen advocate for the resident in the facilities, guided by the wishes of the resident.



For more information visit:

<https://mltcop.org/>

**OR**



Please call:

**517-827-8040**

# WHERE DOES THE MONEY COME FROM?

Medicaid and Healthy Michigan is funded by both the federal government and the state. The federal government pays states for a specified percentage of program expenses. States make up their share of the expenses by creating their own provider payment rates and paying for services through patient fees or managed care arrangements.

## Here are a few terms you should know:

- **Premium:** the amount you pay for your health insurance every month
- **Deductible:** the amount you pay before your insurance plan starts to pay. For example, if your insurance plan has a \$2,000 deductible, you will have to pay for the first \$2,000 of covered services yourself. After you pay your deductible, you usually pay only a co-pay or co-insurance for covered services while your insurance company pays the rest. Many plans pay for certain things, like a yearly check-up or flu shot, even before you pay your deductible. Some plans have separate deductibles for certain services, like prescription drugs. Family plans often have both an individual deductible, which applies to each person, and a family deductible, which applies to all family members. Generally, plans with lower monthly premiums have higher deductibles.
- **Co-pay:** a fixed amount you pay for a covered health care service after you've paid your deductible. Within the same plan, co-pays can vary for different services such as drugs, lab tests, and visits to specialists.
- **Co-insurance:** The percentage of the cost of a covered health care service that you pay after you've paid your deductible. For example, the cost of a medical test is \$1,000 and you have met your plan's deductible. If the co-insurance amount of medical tests is 20%, you would have to pay \$200 (20% of \$1,000) for the test.
- **Out-of-pocket maximum:** The most you have to pay for covered services in a plan year. After you spend this maximum amount on deductibles, co-payments, and co-insurance for in-network care and services, your health plan then pays 100% of the costs of covered benefits for the rest of the plan year. The out-of-pocket maximum doesn't include your monthly premiums, anything you spend for services your plan doesn't cover, and out-of-network care.

# MENTAL HEALTH

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Mental illnesses are treatable and most people diagnosed with a mental illness can experience relief from actively participating in an individual treatment plan. There are many kinds of treatments, therapies, and services available to individuals with serious mental illness or who are experiencing a mental health crisis.

**Mental health care services can be found at community mental health (CMH) agencies and community health centers (sometimes called FQHCs).**



An alphabetical list of local mental health services in the state of Michigan can be found at:

<https://www.michigan.gov/mdhhs/doing-business/providers/communitymentalhealth/local-mental-health-services>

People seeking care from FQHCs can access appointments directly by calling the center they wish to use. Some FQHCs only provide mental health services to those who have mild-to-moderate needs, but can evaluate and refer to higher levels of care, such as at CMHs, as needed. A list of FQHCs can be found in the appendix.

Community mental health providers often provide other health services, such as substance use disorder treatment and some primary care services, in addition to mental health. FQHCs offer all of these programs as well. This is called integrated care and helps patients get access to all the different kinds of health care that they might need. These agencies may also provide some behavioral health services, particularly for individuals with autism.

This chapter will focus on the mental health services provided at these locations, although they may also provide other integrated care. For additional information about substance use, disabilities, and primary care, please read those chapters in this book and/or contact the provider directly.

# PROGRAMS AVAILABLE

**Screening and Diagnosis:** Psychiatrists and mental health team members conduct assessments to evaluate the symptoms of mental illness and provide diagnoses that can inform treatment options, including medications if necessary. Screenings often assess whether other factors, such as substance use, affect mental health.

**Outpatient Therapy:** Often includes assessments and evaluations; short- or long-term treatment that can be individual/one-on-one, with a family, or in a group; and referrals to external resources.

**Mental Health and Substance Use Disorder Services:** Many providers offer unique programs for individuals who have both a mental health illness and a substance use disorder. Treatment programs often use therapies that are designed with both disorders in mind.

**Assertive Community Treatment:** An intensive, integrated approach to community mental health services delivery where services are provided in a community setting rather than a residential or hospital setting. The program offers assessments, individual counseling, group therapy and family therapy as necessary, and intensive home and community-based services. It also offers psychiatric assessments, medication reviews and assistance, and nursing support services. It's often provided for individuals with a dual diagnosis of mental illness and substance use disorder or developmental disorder.

**Screening and Diagnosis:** Psychiatrists and mental health team members conduct assessments to evaluate the symptoms of mental illness and provide diagnoses that can inform treatment options, including medications if necessary. Screenings often assess whether other factors, such as substance use, affect mental health.

**Care Coordination:** Care coordination can refer to an individual case manager who helps an individual meet their basic needs. In these programs, care coordinators or case managers help organize services, such as transportation, housing, employment, community groups, and other services. The basic goal of case management is to assess the client's needs and goals, develop a plan for treatment, and help the client get where they want to go. Care coordination may also refer to making sure that different health care systems, such as a hospital and a mental health provider, are on the same page about a patient's health.

**Day Treatment:** A partial day program that offers a highly structured level of care. Clients sleep at home and maintain their independence but gather at the center for programs and services. Some day treatment programs focus on providing social and recreational opportunities for clients with mental illness or cognitive impairments through participation in a Clubhouse where people are given the opportunities for friendships, family, employment, education, and to access the services and support they may individually need. Other day treatment programs are designed as alternatives to inpatient hospitalization for psychiatric illness. Services include intensive counseling, medication management, and peer support.

**Supported Employment:** Helps people with mental illness find jobs in their community with job search and placement assistance. Some programs also have workforce development components such as skills training.

## Crisis Services

**Crisis Residential:** For individuals who need psychological, psychiatric, medical and/or social support to avoid psychiatric hospitalization. Crisis residential services are designed for people who have recently been discharged from an acute care inpatient setting and need medication monitoring every two hours. Counseling (individual, group, family), nursing, medication administration, and coordination with other healthcare providers are often provided. Some community mental health providers offer short-term help to get back into the community that is monitored by psychiatrists, nurses, social workers, certified peer support specialists, and/or trained direct care workers.

**Crisis Stabilization:** When an individual in crisis is unable or unwilling to come to the clinic during a psychiatric emergency, services are provided on-site to avoid a hospitalization or involvement with the police. Psychiatrists, nurses, and/or clinical therapists will provide immediate care, fast-acting medication (if necessary), and a quiet space to regroup until the episode has passed and the treatment team clears them.

- **988 Suicide and Crisis Lifeline 988** has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.



<https://988lifeline.org/>



**Dial 988**

**\*Additionally, Lifeline Chat connects individuals with counselors for emotional support and other services via web chat and is available 24/7.**



Chat online at:

<https://988lifeline.org/chat/>

- **The Veterans Crisis Line** is available to veterans in crisis, service members, the National Guard and Reserve, and their family and friends. Crisis responders are with the Department of Veterans Affairs and many are veterans themselves. **You don't have to be enrolled in VA benefits or health care to call. Access free, confidential support 24/7, 365 days a year.**



Chat online at:

<https://www.veteranscrisisline.net/>



You can text

**838255**

to connect

- **The Crisis Text Line** uses live, trained Crisis Counselors to provide free mental health support via text message or Facebook Messenger.

**To chat with a counselor who will use active listening and collaborative problem-solving to help calm texters in a overwhelming moment:**



Visit:  
<https://www.crisistextline.org/>

**OR**



Text:  
**741741**

## AM I ELIGIBLE?

Some programs require a diagnosis of a mental, behavioral, or emotional disorder to be eligible. Some programs also have residency restrictions that limit services to individuals living in a particular county. You can confirm these eligibility restrictions with the provider.

If you have private insurance, check with your insurance plan about what services are covered and if there are any guidelines on which providers you can use. The following websites are two examples of directories where you can find a therapist:



<https://www.findatherapist.com/>



[https://www.psychologytoday.com/us/therapists/michigan?gclid=%20Cj0KCQjwqoibBhDUARIsAH2OpWi2s7HxCbS1CZt1Vg7Qe9eXFKn\\_%20o6o\\_quRrjx5\\_PO27Tclr9RJ7iElaAvSSEALw\\_wcB](https://www.psychologytoday.com/us/therapists/michigan?gclid=%20Cj0KCQjwqoibBhDUARIsAH2OpWi2s7HxCbS1CZt1Vg7Qe9eXFKn_%20o6o_quRrjx5_PO27Tclr9RJ7iElaAvSSEALw_wcB)

# HOW DO I APPLY FOR HELP?



To find a community health center in your area, go to:  
<https://findahealthcenter.hrsa.gov/>

## HELPFUL HINTS

**Prepare to be on call for an hour and/or prepare for a clinician to call you back for a screening.** If a clinician is not available, please provide a working phone number and clear voicemail just in case a clinician needs to call back.

# ADDITIONAL RESOURCES AND ADVOCACY

Every person who receives services in the public mental health system has rights under the Michigan Mental Health Code, which include the right to be free from abuse and neglect, the right to privacy of your information, the right to be treated with dignity and respect, the right to receive services that meet patient needs, and the right to receive services in a safe, sanitary, and humane environment.

**The Office of Recipient Rights is responsible for ensuring these protections. Complaints can be filed by phone, letter, email or on a Recipient Rights complaint form.**



Go to the MDHHS listing for an office near you and to download a rights complain form in English, Arabic, and Spanish here:  
<https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/recipientrights>



Call the MDHHS-ORR Hotline:

**800-854-9090**



Fax:

**517-335-0135**



Hearing impaired individuals may use the following number:

**Michigan Relay Center 711**

## National Alliance on Mental Illness (NAMI)

NAMI is grass roots, all volunteer non-profit organization dedicated to improving the quality of life for persons with serious mental illness and their families through advocacy, support and education. In addition, NAMI promotes research that will lead to improvements for all those diagnosed and living with a mental illness. It is our endeavor to erase the stigma that is associated with mental illness and we will not rest until mental illness is accepted the same as any other illness.



Learn more here:  
<https://nami.org/Home>

# WHERE DOES THE MONEY COME FROM?

**Medicaid is a substantial insurer for patients and delivers necessary reimbursement payments to providers.** Medicaid is the largest payer for mental health and substance use in the country.

**Medicaid funding is a joint effort by states and the federal government and requires sustained support from both levels.** The federal government may also provide sustained mental health program funding to states through Mental Health Block Grants (MHBG) from the Substance Abuse and Mental Health Services Administration (SAMHSA).

**Mental Health Block Grants (MHBG) and Substance Abuse Prevention and Treatment Block Grant (SABG)** are programs that provide funds and technical assistance across the country to support agencies with support that provide mental health and substance use support. Grantees use the funds to provide comprehensive, community-based mental health services to adults with serious mental illnesses and to children with serious emotional disturbances. These funds are also used to plan, implement, and evaluate activities that prevent and treat substance abuse and promote public health.

For more information, go to:



Mental Health

<https://www.samhsa.gov/grants/block-grants/mhbg>



Substance Abuse

<https://www.samhsa.gov/grants/block-grants>

# SUBSTANCE USE DISORDER

The Centers for Disease Control defines substance abuse as the medical term used to describe a pattern of using a substance (drug) that causes significant problems or distress. This may be missing work or school or using the substance in dangerous situations, such as driving a car.

**Addiction is a chronic disease that affects both the brain and behavior. It can be treated. Most patients need long-term or repeated care to stop completely and recover their lives.**

## PROGRAMS COMMONLY AVAILABLE

Everyone entering treatment receives a clinical assessment to help professionals develop a proper treatment plan. This evaluation will help figure out if a patient has any mental illnesses, like anxiety or depression, along with substance use disorder. If there is, the treatment plan will take that diagnosis into account. There are many options that have been successful in treating drug addiction, including:

**Behavioral Counseling** helps patients change their attitudes and behaviors related to drug use, increase healthy life skills, and continue with other forms of treatment, such as medication.

Outpatient behavioral treatment may include:

- **Cognitive Behavioral Therapy** helps patients recognize, avoid, and cope with the situations in which they are most likely to use substances.
- **Motivational Interviewing** makes the most of people's readiness to change their behavior and enter treatment.
- **Motivational Incentives (also called contingency management)**, uses positive reinforcement to encourage abstinence from substances.

- **Multidimensional family therapy**, which is developed for adolescents with substance use problems and their families. It addresses a range of influences on substance use patterns and is designed to improve overall family functioning.
- **Intensive outpatient programs** that may require a person to attend up to 20 hours a week on treatment activities.

**Medication or Medication-Assisted Treatment (MAT):** Many programs use medications to help in the treatment process. It is combined with counseling and behavioral therapies to treat addictions, reduce opioid overdose, improve patient survival, help people stay in treatment, decrease criminal activity, increase the patient's ability to gain and maintain employment, and improve birth outcomes among women who are pregnant. It does not cure dependence on drugs or alcohol.

**Inpatient treatment:** Provided in special units of hospitals or medical clinics to offer detoxification and rehabilitation services. People who have both a serious mental illness, and substance use disorder, and adolescents are the ones most likely to receive inpatient treatment.

**Residential programs:** provides a living environment with treatment services and may last from a month to a year or more.

## OTHER PROGRAMS THAT MAY BE OFFERED INCLUDE

Peer Recovery Coaches

Case Management

Drug Courts

Recovery Homes

## Programs specific to adolescents, women, and returning citizens

A treatment plan may include long-term follow-up to make sure that the patient is sticking to their plan and to reduce the risk of relapse. If an individual does use substances again, the health care team can make adjustments to the treatment plan.

# AM I ELIGIBLE?

Many of the programs listed above are provided at Community Mental Health (CMH) and Federally Qualified Health Centers (FQHCs). Some programs may require a substance use disorder diagnosis, which can be done by a provider. Some programs also have residency restrictions that limit services to individuals living in a specific county. You can confirm these eligibility restrictions with the provider. CMH and FQHCs accept Medicaid. For more information on what these health centers are, please see the Mental Health chapter. Some may also accept private insurance and/or Tricare for veterans. If you do not have insurance, contact the CMH or FQHC about receiving services on a sliding fee scale.

If you have private insurance, check with your insurance plan about what services are covered and if there are any guidelines on which providers you can use.

# HOW DO I APPLY FOR HELP?

**To find a list of state of Michigan providers, go to:**



<https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/cmhsp>

# HELPFUL HINTS

Not all programs are trustworthy or effective. Some even prey on vulnerable people looking for help. When considering what treatment program to select, the Substance Abuse and Mental Health Services Administration (SAMHSA) suggests asking the following 12 questions:

- 1 Does the program accept your insurance? If not, will they work with you on a payment plan or find other means of support for you?
- 2 Is the program run by state-accredited, licensed, and/or trained professionals?
- 3 Is the facility clean, organized, and well-run?
- 4 Does the program encompass the full range of needs of the individual (medical: including infectious diseases; psychological: including co-occurring mental illness; social; vocational; legal, etc.)
- 5 Does the treatment program also address sexual orientation and physical disabilities as well as provide age, gender, and culturally appropriate treatment services?
- 6 Is long-term aftercare support and/or guidance encouraged, provided, and maintained?
- 7 Is there ongoing assessment of an individual's treatment plan to ensure it meets changing needs?
- 8 Does the program employ strategies to engage and keep individuals in longer-term treatment, increasing the likelihood of success?
- 9 Does the program offer counseling (individual or group) and other behavioral therapies to enhance the individual's ability to function in the family/community?
- 10 Does the program offer medication as part of the treatment regimen, if appropriate?
- 11 Is there ongoing monitoring of possible relapse to help guide patients back to abstinence?
- 12 Are services or referrals offered to family members to ensure they understand addiction and the recovery process to help them support the recovering individual?

# ADDITIONAL RESOURCES AND ADVOCACY

## The SAMHSA National Helpline

A free information and referral service. They can help direct individuals with no insurance, Medicaid/Medicare, and private insurance navigate the process. To speak with someone about an alcohol or substance use program, call the National Drug and Alcohol Treatment Referral Routing Service at:



<https://www.samhsa.gov/find-help/national-helpline>

**OR**



**800-662-HELP (4357)**

## Hope Not Handcuffs

A program started by FAN - Face Addiction Now (formerly Families Against Narcotics) with the goal of bringing law enforcement and community organizations together to find treatment options for individuals with substance use disorder. Individuals can go to any participating police agency for support, compassion, and respect. People who have a felony or domestic violence warrant, are a danger to others, or have a medical condition that may need hospitalization, may be ineligible for the program. If a person is accepted, they will be guided through a process to work with their insurance and ensure proper treatment placement.



Hope Not Handcuffs can be found here:  
<https://faceaddictionnow.org/>

# WHERE DOES THE MONEY COME FROM?

A combination of federal, state, and local funds is used to support behavioral health services in communities throughout Michigan. SAMHSA is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. SAMHSA provides block grant funding to states. The majority of these funds are provided to regional Prepaid Inpatient Health Plans/Community Mental Health Services Programs (CMHSP) for services that they purchase throughout their regions, which cover all of Michigan.



# HOUSING



**Page 159 US Department Of Housing  
And Urban Development  
(HUD)**

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Come From?**

# PROGRAMS AVAILABLE

## US DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD)

The purpose of HUD is to provide housing and community development assistance to states and local communities, local public housing authorities (PHAs) and private rental owners, and to encourage access to fair and equal housing. To achieve these goals, HUD manages many programs intended to support homeownership, increase safe and affordable rental housing, reduce homelessness, and fight housing discrimination.



For a comprehensive list of HUD programs, visit:  
<https://www.hud.gov/hudprograms>

### The Main Programs Include:

#### ● **Housing Voucher Program**

This federally funded program assists very low-income families, the elderly, and persons with disabilities in affording decent, safe, and sanitary rental housing by working with private rental owners. It is commonly referred to as “Section 8”. After being approved for the program, participants locate qualified housing (single-family house, townhouse, or apartment). The rental owner works with the PHA and agrees to rent to the participant under the program. The rental units must meet rent limitations and housing quality standards set by HUD. Housing Choice Vouchers are designed to allow families to move without the loss of housing assistance. Moves are allowed as long as the family notifies the PHA ahead of time, terminates the lease within the lease provisions, and finds acceptable alternate housing.

#### ● **Public Housing**

Public Housing comes in all sizes and types, from scattered single family houses to apartments for elderly families. These homes are managed by local PHAs with funds from HUD.

People who live in public housing sign a lease with the PHA, who makes sure that tenants are sticking to the rules of the lease, remain eligible, and makes sure that the homes are safe and sanitary. Sometimes PHAs also provide other programs like homeownership opportunities, employment training, and support programs for the elderly. Rent is based on income.

HUD works directly with some PHAs to carry out these programs. They also might work with the State of Michigan, who works with local PHAs on their own.

## ● **Public Housing Authority (PHA)**

PHA programs provide decent and safe rental housing to eligible low-income families, the elderly, and persons with disabilities. As stated above, PHAs might manage public housing and/or the Housing Voucher Program in their community. The PHA rents apartments known as public housing.

## ● **Michigan State Housing Development Authority (MSHDA)**

MSHDA manages affordable housing and community development programs in Michigan. MSHDA also administers the Housing Voucher Program.

## **Am I Eligible?**

**HUD's affordable housing programs are limited to low-income individuals and families. Eligibility is determined by:**

- **Annual Gross Income:** The amount of money a person earns in one year, before taxes, and includes income from the head of the family, spouse, and each additional family member 18 years and older. Income limits, set by HUD, vary by location. The local PHA provides income limits for the area in which they are located.
- **Whether you qualify as a family, elderly person, or person with a disability.**
- **U.S. citizenship or eligible immigration status.**
- **References regarding rental history,** which may include current and previous landlord(s). The PHA or private rental owner has the right to deny admission if they determine that the applicant may have a negative or damaging effect on housing property.

- In general, **Housing Choice Vouchers** are available to families whose income does not exceed 50% of the median income for the county or metropolitan area in which the family chooses to live. And most of the vouchers that a PHA gives out must go to people who make less money than that, according to the law. The PHA in your community can provide what the income limit for your family size would be.

## How Do I Get Help?

**To apply for Public Housing and the Housing Voucher Program, contact your local housing commission to ask if the waitlist is open.** You can only apply when waitlists are open.

**The HUD Resource Locator can provide contact information for these commissions.**

- **The HUD Resource Locator** can help you find your local PHA, affordable housing opportunities near you, and your local HUD office.



For information, visit the HUD Resource Locator at:  
<https://resources.hud.gov/>



To find qualified housing, you can visit the Michigan Housing Locator at:  
<https://housing.state.mi.us/>

If the housing commission does not respond,  
contact the Detroit HUD Field Office at:



**313-226-7900**

## Have the following information ready for your application:

- Name, gender, date of birth, and relationship to all persons who will be living in the unit.
- Birth certificates may be requested.
- Current address and phone number. An alternate phone number is helpful.
- Family characteristics (elderly, disabled family members).
- Name and address of current and previous landlord(s). PHA may contact them for information regarding suitability as a tenant.
- All sources of family income and estimate of anticipated income for the next 12 months.
- Name and addresses of employer(s) and bank(s). Potential Documents Needed: tax returns, pay stubs, W-2 forms.

- **For public housing apartments,** the PHA may visit you in your current home to interview you and your family members to determine how you maintain your living environment.
- **If the PHA determines you are eligible,** you will go on a waiting list, unless you are able to be helped immediately. You will be contacted when your application has reached the top of the waiting list. At the interview, the PHA will describe the public housing or Housing Voucher program requirements and answer questions you may have.
- **All participants must sign a lease if they qualify for the housing program.** For public housing, the lease is between you and the PHA. For the Housing Voucher Program, the lease is between you and the rental owner. You should review the lease with the PHA or rental owner to have a good understanding of your responsibilities. Most leases are good for 12 months, with renewable terms after the first year.
- **Most PHAs and rental owners require a security deposit.** This cannot exceed 1½ times of the monthly rent.

- **Your rent (or Total Tenant Payment TTP) is determined by your PHA and is based on your family's anticipated yearly gross income**, minus any deductions you may have. Potential deductions include each dependent you claim, an elderly family member or person with a disability who is living in your home, and medical deductions that are available for families headed by an elderly or disabled person.
- **The PHA will reexamine family income and composition annually to determine continued eligibility and family rent amounts.** During the lease term, if there is a decrease in income, the family may request a reexamination to adjust the family rent.

# VETERANS ADMINISTRATION SUPPORTIVE HOUSING PROGRAM (HUD VASH)

HUD VASH is a combination of the Housing Choice Voucher program and case management and clinical services provided by the Department of Veterans Affairs (VA) for homeless veterans. The program provides a housing voucher for qualified rental units. The rental units must meet rent limitations and housing quality standards set by HUD.

## Am I Eligible?

Veterans Administration Supportive Housing is limited to very low-income homeless veterans and their families.

## How Do I Apply?

To apply for Veterans Administration Supportive Housing (HUD VASH), contact your local VA case manager:

- **Detroit:** John D. Dingell VA Medical Center, 313-576-1000
- **Saginaw:** Aleda E. Lutz VA Medical Center, 989-497-2500
- **Iron Mountain:** Oscar G. Johnson VA Medical Center, 906-774-3300  
(Note: You CANNOT apply online)

① The following information will be needed for the PHA: name and addresses of employer(s), bank(s), and other information to verify income, deductions, and family composition (veteran). Potential documents needed: tax returns, pay stubs, W-2s.

② A PHA will verify all of your information with other local agencies, your employer, and bank to determine eligibility and amount of housing assistant payment.

If the PHA determines you are eligible, you will go on a waiting list, unless you are able to be helped immediately. You will be contacted as soon as your application reaches the top of the waiting list. At this time, the PHA will describe the HUD VASH program requirements and answer any questions you may have.

③

If the PHA determines you are eligible for assistance and approves the selected rental unit, the PHA will make monthly housing assistance payments directly to the owner on behalf of the family. Participants will pay no more than 40% of their income toward rent. Participants have to sign a lease with the rental owner. You may be required to pay a security deposit to the landlord. When the family moves out, the lease is terminated.

④

⑤ Participating veterans are required to participate in VA case management.

# HOUSING RESOURCES FOR TRANSPLANT RECIPIENTS & LIVING DONORS

For many transplant patients, travel and temporary housing become a necessity before, during and after the procedure. Michigan has several organizations that provide affordable and supportive housing options:

**Hospital-Based Housing Programs:** Facilities like Corewell Health, the University of Michigan Transplant Center, and Henry Ford Transplant Institute offer affordable lodging programs for patients and their caregivers.



**Gift of Life Michigan:** Gift of Life Michigan collaborates with hospitals to provide housing assistance for transplant recipients and their families. <https://giftoflifemichigan.org/>



**Transplant House of West Michigan:** This two-story home is located in Grand Rapids, 2 miles from the hospitals. They offer a comforting “home away from home” environment for transplant patients and their caregivers who are going through any part of the transplant process which requires them to stay close to medical facilities. <https://www.mitransplanthouse.org/>



**Ronald McDonald House Charities:** Pediatric transplant recipients and their families may qualify for free or low-cost accommodations near any of the children’s hospitals in Michigan. <https://rmhc.org/>



**Sophia’s House:** This three-story home provides comfortable accommodations for patients and their families while they receive treatment at Trinity Health Grand Rapids Hospital. <https://www.trinityhealthmichigan.org/location/sophia-s-house>



**Aarolyn’s House of Hope:** They provide patients and caregivers vouchers for Henry Ford Guest Apartments. They also make care baskets for the recipients at their bedside after they receive their transplant. <https://aarolynshouseofhope.org/>

# HELPFUL HINTS



A list of open MSHDA Housing Choice Voucher waiting lists can be found on the MSHDA website at: <https://www.michigan.gov/mshda>

- **You can apply to an unlimited number of Housing Choice Voucher waitlists.** When a waitlist announcement is made, follow the instructions to apply online in order to be added. Be honest when completing the application and use the most reliable contact information available to you.
- **If you are avoiding shelters, but consider yourself to be homeless, enter “shelter” when applying for Section 8 or Public Housing.** Some, but not all, PHAs provide a preference in waiting list selection. For homeless preference, the legal definition of homelessness must be met, which requires one to be living in an emergency shelter, in transitional housing, or in a place not meant for human habitation; or exiting an institution where they temporarily resided.

# ADDITIONAL RESOURCES AND ADVOCACY

The following housing programs may be available in your area.

- **Rental Counseling:** A Rental Counselor will help you understand landlord and tenants' rights and responsibilities and handle disputes. You will review information about Fair Housing Laws, security deposits and the differences between housing modifications and accommodations. Rental assistance and classes are free.
- **Homeownership:** Free programs are available for you to work with a certified HUD Counselor to understand the process of buying a home and qualify for various homepurchase assistance programs. Services include homebuyer education classes, prepurchase counseling, and financial coaching through one-on-one sessions, group workshops, and community events.
- **Foreclosure Prevention:** A certified HUD Counselor will assist you in determining what options are available for direct assistance to prevent mortgage foreclosure or in completing your mortgage servicer's application for mortgage assistance. The first step is to communicate with your mortgage company immediately if you are unable to make your payment and seek assistance from a community agency. Do not wait until you fall behind.
- **Disputes:** You can dispute an action taken by the PHA (including eligibility, termination of assistance, change in voucher size allocation, recalculation of rent, etc.) by requesting an informal hearing. To request an informal hearing, contact your PHA.
- **Property Tax Foreclosure Prevention:** If you are behind on your property taxes, the local county Treasurer can take your home through tax foreclosure. Professional counselors can help you avoid this.

# WHERE DOES THE MONEY COME FROM?

- **HUD:** Congress provides funding for affordable housing programs. HUD administers the federal funds to state and local housing agencies (MSHDA and PHAs). MSHDA and local PHAs manage the public housing and Housing Voucher Programs, in accordance with federal requirements.
- **Housing Choice Vouchers are administered locally by PHAs. The PHAs** receive federal funds from HUD. A housing subsidy is paid to the owner/landlord directly by the PHA on behalf of the participating family. The family pays the difference between the actual rent charged by the landlord and the amount subsidized by the program.
- **HUD VASH:** PHAs provide monthly rental assistance to veterans and their families so they can afford decent, safe, and sanitary housing. HUD provides funding to the PHA for the program.
- **HUD gives money to make sure that agencies are working together on homelessness efforts.** This is called a Continuum of Care (CoC). Through a CoC, communities identify local needs, develop strategies, and submit a single application to HUD to fund homelessness programs. CoC efforts are overseen by a lead agency.



# LEGAL



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Page **173** **Helpful Hints**

# THE ATTORNEY GENERAL

**The Attorney General (AG)**, an elected official, is the state's top lawyer and law enforcement official. In this role, the AG provides legal advice and guidance to the State of Michigan. The AG protects and serves the people and interests of Michigan through a broad range of duties. The Attorney General's responsibilities include safeguarding the public from violent criminals; helping victims of crime; leading the fight against human trafficking and opioid abuse; preserving Michigan's natural resources; protecting consumers; and addressing illegal business practices. Residents of Michigan can work with the AG's office in the following ways:

- The AG manages programs and special projects to detect and crack down on fraudulent, unfair, and illegal activities that hurt consumers or threaten public safety.



The public can file consumer complaints with the Attorney General here:  
<https://www.michigan.gov/ag/complaints>

- The Attorney General website has additional online resources for consumer safety (including recent product recalls), landlord/tenant resources, opioid resources, and worker protections.



These can be found here:  
<https://www.michigan.gov/ag/resources>

# PROGRAMS AND ORGANIZATIONS AVAILABLE

## VICTIMS OF CRIME

### MDHHS Victim Services Commission Compensation Program

The Michigan Department of Health and Human Services Division of Victim Services has a Crime Victim Services Commission Compensation Program that may help crime victims who suffered a personal physical injury and their immediate families. The program helps with financial costs of crime by paying back for medical treatment, counseling, funerals, crime scene clean up, grief counseling, and loss of income.

#### ● Am I Eligible?

The MDHHS Division of Victim Services Crime Victim Services Commission Compensation Program has an eligibility guide that can be found here:



<https://www.michigan.gov/mdhhs/safety-injury-prev/publicsafety/crimevictims/crime-victim-compensation>

#### ● How Do I Apply For Help?

MDHHS Division of Victim Services Crime Victim Services Commission Compensation Program information can be found by:



By visiting this website:

<https://www.michigan.gov/mdhhs/safety-injury-prev/publicsafety/crimevictims/crime-victim-compensation/applying-for-compensation>

**OR**



By calling the Victims Only Toll-Free Number at:

**877-251-7373**

## Report Abuse & Neglect

If you suspect abuse or neglect, call any time day or night. This toll-free phone number allows you to report abuse or neglect of any child or adult.



For more resources and assistance, visit  
<https://www.michigan.gov/mdhhs/adult-child-serv/abuse-neglect>



To report child abuse, call:

**855-444-3911**

# HELPFUL HINTS

## Child Support

Four organizations are involved with child support. **The Michigan Department of Health and Human Services, Office of Child Support** is the connection between public assistance and child support. Call them when you're ready to start a case.

**The Prosecuting Attorney** helps with deciding a child support court order and legal fatherhood. Work with them to have a say in what happens. **The Michigan State Disbursement Unit** receives and sends child support payments. Contact them when you have questions about payments. **Friend of the Court** reviews and monitors your court order. Call them whenever something changes in your life or when you have questions about parenting time.



You can apply for child support or manage your case on the MiChildSupport website here:  
<https://micase.state.mi.us/public-home>

## Immigration

Michigan Immigrant Rights Center is a legal resource center for Michigan's immigrant communities. Legal services are provided in the following areas: unaccompanied children; farmworker and immigrant worker rights; naturalization and the Detroit New Americans Campaign; and pro bono work in the areas of domestic abuse and trafficking.



more information can be found here:  
<https://michiganimmigrant.org/contact-info>

**OR**



Michigan Immigrant Rights Center can be reached at:

**734-239-6863**

## Re-Entry Services

When you request an expungement screening, Project Clean Slate pairs you with an attorney who reviews your criminal record, determines if you are eligible and, if you are, starts the application process.



To register for expungement services and to request an eligibility screening, go to:  
<https://www.michigan.gov/msp/services/chr/conviction-set-aside-public-information/michigan-clean-slate>

## Automatic Expungements: Michigan Clean Slate

The Michigan State Police will roll out a process to automatically expunge certain convictions without an application, per the clean slate legislation that was enacted in 2020. This program will automatically expunge qualifying, eligible convictions, using information from the Criminal Historical Record database to determine when the proper waiting period for each conviction has elapsed.



To find out if your eligible and access more information, please go to:  
<https://www.michigan.gov/ag/initiatives/expungement-assistance/automatic-expungements-michigan-clean-slate>

## Michigan Legal Help

Michigan Legal Help is a website-based resource that provides help to people who have to handle simple civil legal problems without a lawyer. The website provides articles to learn about specific areas of the law and toolkits to help anyone represent themselves in court. Self-help tools are available for the following topics: family; personal safety; housing; money and debt; public assistance; income tax; crime, traffic, and ID; employment, wills and life planning, education, immigration, and voting and civil rights. It also provides information on what going to court looks like, how to find a lawyer, self-help centers, community services, and courts and agencies. Michigan Legal Help is all online.



Go to:

<https://michiganlegalhelp.org>

To find self-help tools, information on organizations and courts, and to apply for legal services by clicking on the red button that says, "Guide to Legal Help" and then following the prompts

## Review the following tips to prepare to go to court.

The main points are:

- Call the court ahead of time or look at its website to learn about its security rules. Expect to go through a metal detector and have your items scanned/searched. Many courts will not allow you to bring in your cell phone.
- Arrive early.
- The Court Clerk's office is where the files are kept and you may need to pay a filing fee. You can ask the court to waive the fee if you can't afford it. The clerk cannot help you fill out any forms.
- Be prepared to have your hearing on your hearing date, but you might have to come back on another day based on the judge's schedule.
- Dress neatly, as if you were going on a job interview.
- Turn off your phone (if allowed to have it) and don't chew gum.
- Make sure you are in the right place by checking the list of cases outside the courtroom and check in with the judge's clerk.
- Keep your paperwork (if any) organized.



# TRANSPORTATION



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**Programs Available  
Non-Emergency Medicaid  
Transportation (NEMT)**

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**Where Does The Money  
Come From?**

# PROGRAMS AVAILABLE

## Non-Emergency Medicaid Transportation (NEMT)

**Non-Emergency Medicaid Transportation (NEMT):** States must ensure Medicaid enrollees have transportation to and from medical appointments. Services that meet this requirement are referred to as NEMT. The client calls the company and the company verifies that the client is eligible for NEMT services, based on state or health plan records. The company then schedules transportation for the client.

### ● Am I Eligible?

**Eligibility for NEMT and Medicaid** benefits require that the applicant meet certain qualifications such as no driver's license or working vehicle, not able to travel alone, or having a cognitive or physical limitation. Contact your Medicaid Health Plan (MHP) for specific details and transportation help.

### ● How Do I Apply?

Medicaid beneficiaries who need transportation should be referred to their Medicaid health plan (Blue Cross, Meridian, etc) if they are enrolled in one. If the beneficiary is not enrolled in a health plan, or if the transportation is for a service that is not covered by the health plan, the beneficiary should call the fee-for-service broker.



For more information visit:

<https://www.michigan.gov/mdhhs/doing-business/providers/providers/billingreimbursement/non-emergency-medical-transportation>

## Other health-related transportation services include:

### Area Agency On Aging

Coordinates rides for older adults.



To determine if transportation resources are available near you, go to:  
<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/acls/aging-services/aging-services>

### Assisting Aging Adults to Get Around

The state of Michigan offers several programs to assist aging adults to get around.



To determine if transportation resources are available near you, go to:  
<https://www.michigan.gov/agingdriver/findride>

### The Veterans Transportation Service (VTS)

Provides transportation to veterans who require assistance traveling to and from VA healthcare facilities and authorized non-VA healthcare appointments. VTS partners with service providers in local communities to provide transportation.

#### ● Am I Eligible?

Veterans requiring assistance travelling to and from VA-authorized appointments are eligible for VA health care benefits and transportation through the VTS program based on availability and guidelines in place at their local facility. Each local VA-authorized facility has ridership guidelines based on their capabilities.

#### ● How Do I Apply?

Contact your local VA health service provider to ask about VTS.



Learn more about the VTS program:  
<https://www.va.gov/HEALTHBENEFITS/vtp/map.asp>

# WHERE DOES THE MONEY COME FROM?

**NEMT** has two major funding sources: Medicaid funds paid out through MDHHS, and health plan providers who provide funds through direct contracts.

**VTS and the VA** are funded through the Military Construction, Veterans Affairs, and Related Agencies (MILCON-VA) appropriations bill.



# UTILITIES



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State Of Michigan  
Programs**

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**Page 188** **Additional Resources and  
Advocacy**

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**Page 188** **Where Does The Money  
Come From?**

# PROGRAMS AVAILABLE

## STATE OF MICHIGAN PROGRAMS

- **State Emergency Relief (SER)** is a program that provides money for energy-related expenses such as heating fuel, electricity, and home repairs. Payments of up to \$450-\$850 maximum are made once per year to eligible households.
- **The Home Heating Credit** is a way the State of Michigan helps pay some of the heating expenses of homeowners and renters. The Michigan Department of Treasury determines eligibility and makes payments.

### Am I Eligible?

- **State Emergency Relief (SER):** To be eligible for state funds, your income must be less than 150% of the poverty level, or an amount equal to 60% of the State median Income. You may be asked to provide a copy of your lease if the utilities are in your landlord's name.



For the most detailed and up-to-date eligibility and poverty level information, you can visit:  
<https://www.acf.hhs.gov/ocs/grant-funding/liheap-service-eligibility-guidelines>

- **Home Heating Credit:** You may qualify for a home heating tax credit if all of the following apply:
  - You owned or rented (and lived in) a Michigan home
  - You were **NOT** a full-time student who was claimed as a dependent on another person's tax return
  - You did **NOT** live in college or university operated housing for the entire year
  - You did **NOT** live in a licensed care facility for the entire year
  - And your income was within the program year's limits

- For some renters whose heat is included in their rent, receiving a Home Heating Credit of more than \$20 in the current month or in any of the previous 12 months might increase their amount of food assistance. Inform your MDHHS caseworker that you received a Home Heating Credit to see if this applies to you.

## How Do I Apply?

Apply for SER through MI Bridges. See the Michigan Department of Health and Human Services chapter for more information. If approved, the funds are applied directly to your utility account. How much you receive is based on income, household size, and other related factors. You can receive assistance once per fiscal year (Oct-Sept) for both gas and electric. Please note: if you haven't made any payments on your account, they may require you to pay a portion of the bill (called a co-payment) from your own funds.



To apply for the Home Heating Credit, visit the Michigan Department of Treasury website: [www.michigan.gov/treasury](http://www.michigan.gov/treasury)

\*Enter "Home Heating Credit" in the search box, or pick up a paper copy of form MI-1040CR-7 at a public library, post office, or MDHHS office.

You can also call the  
Department of Treasury at



CALL:

**517-636-4486**

\*You must file the form by September 30th.

# UTILITY COMPANY PROGRAMS

Utility companies including DTE and Consumers Energy work with government agencies and community organizations to provide payment assistance options to low-income residents, active military members, and seniors. These include:

- **Shutoff Protection Plan (SPP):** This program helps people pay their overdue payments by splitting up the balance and adding it to future monthly bills to create a new monthly payment. This program can help customers from having their energy services from being cut off.
  - **Eligibility:** Enrollment is available to low-income customers and senior citizens year-round.
- **Active Military Protection:** Shutoff protection for active military members and their spouses. Protection is available for up to 90 days and customers can apply for extensions.
  - **Eligibility:** Available to customers or their spouses who are called to full-time active military duty during a national or state emergency or war.
- **Payment Plans:** You can work with your utilities provider to make affordable payments, adjust due dates, and more.
  - **Eligibility:** Available to all customers.
- **Medical Emergencies:** Shutoff protection for up to 21 days is available to people who have had a medical emergency.
  - **Eligibility:** You must provide a completed Medical Certification Form from a doctor. The form is available on their websites.
- **Critical Care:** Shutoff protection is given where a household member has home medical equipment or life-support system that would be life-threatening if shut off.
  - **Eligibility:** requires a Medical Certification form. Re-certification is required each year.

# HELPFUL HINTS

**Take action as soon as you know you are unable to pay your bill.** Contact your utility provider immediately if you are unable to pay your bill. Most will have resources and programs available to help manage your account. Agencies receive a high volume of calls and it may take several weeks to obtain an appointment.

**Collect all the documents you need to take to your appointment,** such as I.D., social security card, proof of income, and/or copy of utility bill. Your application might not be processed if all the requested documentation is not provided.

**Utility accounts are tied to your social security number and can impact your credit.**

**The need for assistance is typically much greater than the funding available.**

**Applicants might be required to take an energy education class to receive funds.**

**Weatherization can help reduce your energy costs.** Check with your utility provider or the non-profit agencies listed above about things you can do to lower your energy costs or ways that you can improve your home. They may have some money to help you make these changes to your home.

**Medical Certification Form for utilities** [Planning for Emergencies | National Kidney Foundation of Michigan](#)

# ADDITIONAL RESOURCES AND ADVOCACY

The mission of the Michigan Public Service Commission is to protect the public by ensuring safe, reliable, and accessible energy and telecommunications services at reasonable rates for Michigan's residents. Consumers can get support and resources concerning their utilities. Commission staff are available to provide information to utility customers and respond to complaints regarding billing and service issues.



Find out more information at:  
<http://michigan.gov/mpsc/>

## WHERE DOES THE MONEY COME FROM?

The federal government provides funding through a program called Low Income Home Energy Assistance Program (LIHEAP) to the Michigan Department of Health and Human Services (MDHHS) and then directly to consumers through MI Bridges (called SER) and community organizations.

**Additional sources of funding are available from donations made to non-profit and faith-based organizations, and through utility companies such as DTE and Consumers Energy.**

# DISCLAIMER:

The information provided is for general information purposes only. The information was gathered in good faith from various organizations and resource experts. The National Kidney Foundation of Michigan (NKFM) makes no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, resources, or services for any purpose. Any reliance you place on such information is therefore strictly at your own risk and in no event will NKFM be liable for grievances of any kind in connection with the use of this information.

**Questions or comments on any information provided can be addressed by contacting:**

**STAFF@NKFM.ORG**

**Please use the subject line Resource Book Feedback.**

# APPENDICES



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Unemployment Benefits

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# HOW TO FIND GOODS

Several formal and informal resources are available to help you search for goods such as household items, furniture, appliances, clothing and other necessities. Some of these resources are being shared by individuals, not agencies or organizations. Be sure to verify who you are exchanging information with, and be mindful of personal safety when arranging pickup or delivery of goods.

## Here is a list of sites that may help:

**Facebook Marketplace** is an open exchange where users can buy and sell new and preowned items to other users. Anyone can list products or services for sale and gain access to a local audience. Goods are organized by category and you add a filter to indicate how many miles you are willing to travel in order to pick up the item.

**The Freecycle Network** is a grassroots and entirely non-profit movement of people who are giving and getting items for free in their own towns and neighborhoods. It's all about reusing and keeping goods out of landfills. Each local group is moderated by local volunteers. Membership is free.



To find a group in Michigan, go to:

<https://www.freecycle.org/town/MichiganCenterMI/info>

**Thrift Stores** are stores that sell secondhand or donated items, typically to raise funds for a charitable institution. Search online for “thrift stores near me” for locations.

# HOW TO APPLY FOR UNEMPLOYMENT BENEFITS

If you become unemployed, you may qualify for unemployment insurance benefits. These benefits are intended to provide temporary income as you seek new employment or have been laid off. A claim for unemployment benefits begins the first week you are laid off. **The amount of time to file a claim is 14 days from layoff.**

There are two ways to file a new claim or reopen an existing claim:

## Faster And Preferred Method:



To create an account, visit:

<https://milogin.michigan.gov/uisezure/selfservice/anonymous/register?kv=6fdZ7Sw3vyu3nDPkFahL4w%3d%3d>

Apply for benefits by clicking the **“For Employee”** link on the designated day of your last name. Please note, website load times can be slow. Click a link once, and if necessary, wait for the response without clicking again.

Apply online during non-peak hours, 8 p.m. to 8 a.m. The 24-hour website operates faster when fewer people are on the site.

## To Apply By Phone:

Call:



**866-500-0017**

\*Mondays are normally the busiest day of the week.

TTY service is available at:



**866-366-0004**

## ● Information Needed to File a Claim:

- Your Social Security Card.
- Your state issued driver's license or ID card number or your MARVIN PIN (if you have one).
- The names and addresses of employers you worked for during the past 18 months along with your quarterly gross earnings.
- The first/last date of employment with each employer.
- Most recent employer's Federal Employer ID number (FEIN) and Employer Account Number (EAN). Depending on your situation, knowing the account number may speed up the processing of your claim.
- If you are not a U.S. Citizen or national, you will need your Alien Registration card and the expiration date of your work authorization.

## ● Bi-Weekly Certifications:

You must certify your eligibility every two weeks to receive payment. The preferred method of certifying is online, although phone certification is also available.



Visit online:  
[www.michigan.gov/uia](http://www.michigan.gov/uia)



Sign into MILogin to access your MiWAM account. Your online account is accessible seven days a week, 24 hours a day.



**866-638-3993**



**Monday-Friday  
8am - 4:30pm**

## ● Information Needed to File a Claim:

Typically, you must be available for work and actively seeking employment to qualify. You must be ready, willing, available, and able to work, and you may be required to report on your job search activities. For the most up to date information on requirements see the resources below.

## ● Two ways to receive benefits, choose either:

- Debit card
- Direct deposit to your bank account

## ● Resources to help you get started:

- Need help walking through the application process? Take a moment to review these video tutorials.



“I Applied For Benefits. Now What?”

[https://www.youtube.com/watch?v=ic\\_iyiPLFk8](https://www.youtube.com/watch?v=ic_iyiPLFk8)



<https://www.youtube.com/@michiganuia>

- Fact Sheet 160 - Claiming Unemployment Benefits in Michigan



<https://www.michigan.gov/leo/bureaus-agencies/uia/tools/fact-sheets/claiming-ui-benefits-in-michigan>

# FEDERAL POVERTY LEVEL GUIDELINES

The federal poverty level is a measure of income issued every year by the Department of Health and Human Services (HHS). Federal poverty levels are used to determine your eligibility for certain programs and benefits, including savings on Marketplace health insurance, and Medicaid and CHIP.

Poverty level is determined by household income and size. The more people in your household, the higher the threshold. Certain federal agencies and programs use percentage multiples of the federal poverty level to define income limits and to set eligibility criteria for household. It's important to note that different income levels might apply to specific programs and may change. Always ask the program representative to explain this information if you have questions.



To find the poverty level for the current year please visit:

<https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines>

# ABOUT THE NKFM



The Mission of the National Kidney Foundation of Michigan is to prevent kidney disease and improve the quality of life for those living with it. Because 64% of kidney failure is caused by diabetes or high blood pressure, we must also focus on its root causes.

## NKFM provides the following programs and services:

While it's true that we are fighting kidney disease, this fight is not a single disease fight. Hence, we have a broad array of programs which are focused on addressing obesity, diabetes and hypertension to get at the "root" of the problem. Over the last 70 years of serving the people of Michigan, we've seen the power of prevention and it's our top priority.

- The Bob Meyer/Luann Scheppelman Eib Emergency Fund provides a one-time help of up to \$200 for the urgent needs of people with kidney disease.
- CKD Intern Program provides a paid internship within an NKFM office (2-8 hours a week) for people living with chronic kidney disease.
- Kidney PATH provides a supportive environment to help people with kidney disease learn how to manage everyday activities and control symptoms to maintain kidney health.
- The Swartz/Ferriter Scholarship program awards monetary scholarships to individuals who are on dialysis or who have received a kidney transplant.
- The Big Ask, Big Give is a free 4-hour workshop to help individuals waiting for a kidney transplant, and their family/friends, find a living kidney donor, learn about living donor kidney transplant, and tell their story.

- Personal Action Toward Health (PATH) helps adults to navigate the health care system and manage chronic conditions. Specific programs include:
  - > Chronic Pain PATH
  - > Diabetes PATH
  - > Chronic Disease PATH (English and Spanish)
  - > Hypertension Control
  
- Enhance®Fitness is a physical activity class for those with chronic conditions.
  
- Diabetes Self Management Education Support (DSMES) teaches people with diabetes the skills to manage their condition and prevent complications.
  
- Diabetes Prevention Program is a CDC-certified year long lifestyle change program that brings the proven success of the national diabetes prevention program trial to people in Michigan.
  
- Walk with Ease provides information on physical activity and is proven to reduce the pain of arthritis and improve overall health.
  
- A Matter of Balance (MOB) is designed to reduce the fear of falling and increase activity levels and balance in older adults.
  
- Cooking Matters At The Store (CMATS) is a grocery store tour that provides information for participants on how to purchase budget friendly and healthy foods, read and compare nutrition labels, and understand unit prices.
  
- Regie’s Rainbow Adventure® teaches preschool age children healthy living through a storybook hero named Regie.
  
- WISEWOMAN provides free health screenings and coaching to help eligible adults make small, healthy changes in their lives.
  
- Kids Camp provides children with kidney disease a summer camp adventure under the supervision of renal healthcare staff who see to their medical needs.

- Go Nutrition And Physical activity Self-Assessment for Child Care (Go NAPSACC) is an intervention for early childhood educational settings that is aimed at improving nutrition and physical activity environments, policies and practices through self-assessment and targeted technical assistance. Kids Camp provides children with kidney disease a summer camp adventure under the supervision of renal healthcare staff who see to their medical needs.

To learn more, please visit: [www.nkfm.org](http://www.nkfm.org)



# **CKD Systems Guide Authors**

**Systems Guide concept, development and supervision by  
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**We gratefully acknowledge the collaborative partners whose dedication, insight,  
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**We hope this book inspires confidence, offers guidance and support to all  
who are navigating life with kidney disease.**

