



The [Michigan Developmental Disabilities Institute \(MI-DDI\)](#) at Wayne State University is proud to announce The **MIchigan Older Caregivers of Emerging Adults with Autism and other Neurodevelopmental Disabilities (MI-OCEAN)** Caregiver Support Project. **MI-OCEAN** is a statewide project funded by [The Michigan Health Endowment Fund](#).

The primary aim of MI-OCEAN is to address the needs and health concerns of aging caregivers (age 55+) of adults with neurodevelopmental disabilities. The project uses a family support model to identify and address various issues that may negatively impact the health and well-being of aging caregivers and those that depend on them.



Providing care can be exhausting and can leave the caregiver feeling isolated and hopeless. It can also be complicated to get the help needed for yourself as well as the person you support.

MI-OCEAN is seeking parents, grandparent and caregivers, age 55 or older, who care for family members with intellectual/developmental disabilities at least 20 hours per week. There is no cost to participate in the project. Caregivers and family members will:

- Work with a Family Support Navigator (FSN) to navigate complex service systems
- Develop an Individualized Family Plan with goals identified by families themselves
- Be connected with the resources needed to achieve their goals
- Work with an FSN to improve the health and quality of life for caregivers and the family members they support
- Receive \$50 in gift cards

For more information about participating in this important project, please contact MI-OCEAN Project Manager, **Elizabeth Janks**:

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