



Stress Buster for Seniors - Money Management Assistance Program

Q: What is the Stress Buster program?

A: We pair an experienced financial “coach” with seniors who need assistance with financial and money issues. The trained and bonded worker comes to your home, sits down with you to review your needs, and develops a plan to assist you.

We offer a broad range of services to meet the needs of diverse clientele. The assistance may range from help managing a budget and paying monthly bills, to one-time assistance with a specific financial problem.

This program is also known as Money Management Assistance Program (MMAP).

Q: Who should consider participating?

A: This program is largely targeted to seniors but is available to anyone seeking assistance managing their money.

Q: Will I control my own money?

A: Yes, completely. The worker is there merely to assist you with financial tasks that are giving you trouble. The worker will only do what you ask.

Q: What are the benefits to me?

A: We help you avoid late fees, unnecessary expenses, scams and excessive interest rates that can drain your financial resources. We can also assist in securing benefits to which you may be entitled, and refer you to other forms of assistance offered by other agencies or programs. The ultimate goal of the Money Management Assistance program is to enable individuals to remain independent and self-sufficient.

Q: What is the cost?

A: For many seniors in Calhoun and Kalamazoo counties the service is free of charge thanks to funding from Senior Millage, Area Agency on Aging, and the Greater Kalamazoo United Way. An hourly fee is charged to provide the service to individuals under 60 years of age, who are not low income, or who live outside these two counties.

Q: **What if I change my mind?**

A: You're the boss. Your case will be closed if you no longer desire the service.

Need more information? You can contact us at information@guardian-inc.org.