

# Resources for Caregivers in Tompkins County



## **Tompkins County Office for the Aging**

214 W. Martin Luther King Jr/State Street

Ithaca, New York 14850

607-274-5482

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

*Unless otherwise stated, services and price levels  
described in this booklet are those in effect*

**June 2014**

*are subject to change.*

## TABLE OF CONTENTS

### **INFORMATION, REFERRAL & EDUCATIONAL PROGRAMS**

Tompkins County Office for the Aging— Caregivers’ Resource Center . . .	5
Office for the Aging Alzheimer’s Support . . . . .	6
NY Connects– Tompkins County Long Term Care Services . . . . .	6
Alzheimer’s Association . . . . .	7
Supports Specific to Other Diseases/Conditions. . . . .	7
Supports for Caregivers of Veterans. . . . .	7

### **GERIATRIC CARE MANAGEMENT . . . . . 8**

### **COUNSELING OPPORTUNITIES**

Family and Children’s Service Caregiver Counseling (in home or office). . . . .	9
In Home Counseling for Older Adults . . . . .	9
Geriatric Outreach Program . . . . .	10
Mediation Service (Wise Talk). . . . .	10
Mental Health Association in Tompkins County. . . . .	10
Crisis Counseling/ 24-hour hotline. . . . .	10

### **CAREGIVER SUPPORT GROUPS**

Caregiver Support Group at Family and Children’s Service . . . . .	11
Alzheimer’s (Dementia) Caregivers’ Groups	
at the Tompkins County Office for the Aging . . . . .	11
at Lifelong ,. . . . .	11
at Clare Bridge. . . . .	11
Spouses of Persons with Parkinson’s.Group . . . . .	11

### **LEGAL & FINANCIAL RESOURCES**

Tompkins County Office for the Aging . . . . .	12
Legal Assistance Program . . . . .	12
Directory of Financial Resources for Seniors . . . . .	13-15

### **HOUSING FOR SENIORS**

Housing Options Consultation . . . . .	16
Home Repair and Weatherization Assistance . . . . .	16
Home Safety Assessment . . . . .	17
Moving Assistance. . . . .	17
Directory of Housing Facilities . . . . .	18
Apartments . . . . .	18-19
Housing with Long Term Care Services . . . . .	19-22

**LONG DISTANCE CAREGIVING**

Eldercare Locator . . . . .23  
Tompkins County Office for the Aging . . . . . 23

**LONG TERM CARE COMMUNITY SUPPORT SERVICES**

Meals and Shopping Services  
Congregate Meals Program (Foodnet) . . . . .24  
Home Delivered Meals and Meals on Wheels. . . . .24  
Transportation. . . . .26  
Gadabout . . . . .26  
FISH. . . . .26  
ADA Paratransit Service. . . . .26  
Trips to Medical Center in Downtown Syracuse . . . . .26  
Wheelchair Accessible Taxi Service . . . . .27  
Lansing Senior Van. . . . .27  
Other Long Term Care Supportive Services . . . . .27  
Friendly Visiting and Project CARE Volunteers . . . . .27  
Hospicare and Palliative Care Services . . . . .27  
Personal Emergency Response System (PERS) . . . . .28  
Protective Services for Adults . . . . .28  
Project Lifesaver. . . . .28

**IN-HOME CARE**

Public Programs Providing In-Home Care  
NY Connects (Long Term Care Services). . . . .29  
Expanded In-Home Services for the Elderly Program (EISEP). . . . .29  
Medicaid and Long Term Home Health Care Program . . . . .30  
Veterans’ Long Term Care Services/Benefits. . . . .30  
Private Hire Employment Registry. . . . .30  
Directory of Home Care Agencies . . . . .31-32

**RESPIRE AND ADULT DAY PROGRAMS**

Longview’s Social Adult Day Community . . . . .32  
Project CARE Respite Services . . . . .33  
Private Hire short-term respite. . . . .33  
Overnight Respite .  
Assisted Living Level of Care. . . . .34  
Higher Level of Care . . . . .34

**SERVICES FOR ADULTS WITH PHYSICAL DISABILITIES**

Finger Lakes Independence Center . . . . .35  
Adult Career and Continuing Education Services-Vocational  
Rehabilitation (ACCES-VR). . . . .35

Equipment and Assistive Devices . . . . .	36
Equipment Loan Fund for the Disabled . . . . .	36
Loan Closets:	
Dryden Veterans' Memorial Home . . . . .	36
Finger Lakes Independence Center . . . . .	36
Groton American Legion . . . . .	36
Trumansburg American Legion. . . . .	37
Parking Permits	
Ithaca City Clerk . . . . .	37
Dept. of Motor Vehicles . . . . .	37
Chronic Disease Self-management Programs	
Healthy and Active Living Workshops. . . . .	37
Diabetes Self-management Workshops. . . . .	37

<b>SERVICES FOR EMPLOYED CAREGIVERS . . . . .</b>	<b>38</b>
Family and Medical Leave Act of 1993 . . . . .	38
Employee Assistance Program . . . . .	38

<b>SUPPORT GROUPS</b> ( <i>see also p. 11</i> ). . . . .	<b>39</b>
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**INTERNET RESOURCES FOR CAREGIVERS**

**Web Sites:**

Tompkins County Office for the Aging	
Services & Resource Guides . . . . .	40
Finger Lakes Independence Center . . . . .	40
Health in Aging (American Geriatrics Society). . . . .	40
Family Caregiver Alliance. . . . .	40
Medicare. . . . .	40

## **INFORMATION, RERERRAL & EDUCATIONAL PROGRAMS FOR FAMILY CAREGIVERS**

*The responsibilities involved in caring for a frail older person can be tremendous. Caregivers need to develop skills in a variety of areas in order to provide quality care to the elder. In addition, from time to time important decisions need to be made which impact upon the elder's life as well as the lives of caregivers and their family members.*

*Several organizations are available to provide caregivers with the information and support they need to provide quality care to an older or disabled person and make informed decisions that benefit everyone. The agencies listed below can also help with planning for caregiving, which can prevent or reduce some aspects of caregiver stress.*

### **Caregivers' Resource Center and Alzheimer's Support Unit**

Tompkins County Office for the Aging (COFA)

214 W. Martin Luther King Jr/State Street

274-5492

Ithaca, NY 14850

[www.tompkinscountyny.gov/cofa/care](http://www.tompkinscountyny.gov/cofa/care)

Staff at the Office for the Aging provide information, referral, and counseling on a wide range of benefits and services for seniors. Services provided by COFA staff are free. Voluntary contributions are always welcome and are used to expand services. COFA is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Home visits can be arranged.

The **Caregivers' Resource Center (CRC)**, located at the Tompkins County Office for the Aging, provides information and support to individuals concerned about or caring for an aging or disabled relative or friend, near or far. The goal of the Center is to help caregivers provide quality care to older persons while also maintaining the quality of their own lives and the lives of their family members. The Center offers information on caregiving in a variety of ways, including individual counseling, information and referral, caregiver training, a caregivers' newsletter and other publications, and caregivers fairs.

**Powerful Tools for Caregivers**, is a six-week series of classes for family caregivers, offered at various times and locations during the year. Books on caregiving are available for free loan and brochures are available on a variety of health issues affecting older people and their caregivers. All services are free of charge; however contributions are always welcome to expand the service.

### **Project CARE**

Volunteers provide respite and assistance to caregivers who are caring for someone with difficulty with two or more activities of daily living (e.g., dressing, bathing, continence, transferring) or for someone who is in need of substantial supervision because of cognitive impairment. For further information, contact Katrina Schickel at 274-5491.

### **Support for Alzheimer's/Dementia Caregivers**

The **Alzheimer's Support Unit** at the Office for the Aging offers information and counseling to persons concerned about the diagnosis or care of someone with Alzheimer's or other form of dementia, including information and referral about counseling services, support groups, respite care, medical information, long-term care services, education programs, and tracking programs (Project Lifesaver, *Safe Return*, *Comfort Zone*). Articles and brochures are available on a variety of issues for caregivers, as well as a lending library of Alzheimer's books and videos. A six-page guide titled *Alzheimer's Resources in Tompkins County* lists agencies and services of interest to those caring for loved ones with Alzheimer's Disease or related disorders. It can be viewed online at [www.tompkinscountyny.gov/cofa/local/resources](http://www.tompkinscountyny.gov/cofa/local/resources).

The **Alzheimer's Support Unit** also provides a monthly support group for dementia caregivers (see p. 11) and offers periodic workshops and other training opportunities for caregivers

### **NY Connects (Long Term Care Services)**

Human Service Building  
320 W. Martin Luther King Jr./ State Street  
Ithaca, NY 14850

274-5222

**NY Connects** provides phone consultation and in-home assessments to help people and their families determine the services that are needed. Information and referral is provided on many services including home delivered meals, transportation, respite care, counseling and support. Referrals come from a variety of agencies, families, the hospital, or the person her or himself. Home visits are scheduled at a time that is convenient for both the person and family members. Assistance can be provided in the planning and coordination of in-home services, or applications for nursing homes. There is no charge for this service.

## **Alzheimer's Association Central New York**

441 West Kirkpatrick Street  
Syracuse, NY 13204

800-272-3900

[www.alzcnv.org](http://www.alzcnv.org)

Family Caregivers of loved ones with Alzheimer's or other types of dementia can consult with Alzheimer's Association staff using either or both of the following services:

**24/7 Helpline (800-272-3900)**- Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues family face every day.

**Care Consultation**—in home care consultation can sometimes be provided to help with assessment of needs and assistance with planning and problem solving. Call 607-785-7852, ext.102.

The Alzheimer's Association also offers caregiver trainings, support groups (see p. 11), and safety resources (including the *Medic Alert and Safe Return* program, and the *Comfort Zone* gps locator service). Online education materials and online support groups and chat groups can be accessed through the National Alzheimer's Association website at [www.alz.org](http://www.alz.org).

## **Supports Specific to Other Diseases and Conditions**

Other local, regional and national organizations offer support services to family caregivers of persons with specific illnesses/conditions. These include local organizations like the Cancer Resource Center in Ithaca, the American Cancer Society and the National Parkinson's Foundation. Support groups for persons with particular conditions (e.g., stroke, cancer) are sometimes open to family caregivers as well. See p. 39 for a list of local groups and call the Caregivers' Resource Center at the Office for the Aging for help in identifying other organizations that provide supports for persons with specific diseases/conditions and their caregivers.

## **Caregivers of Veterans**

The Veteran's Administration offers information and support to family caregivers:

**Online:** Learn about VA Caregiver Support on the VA website at [www.caregiver.va.gov/index.asp](http://www.caregiver.va.gov/index.asp).

**By Phone:** Call the *Caregiver Support Line* at 855-260-3274.

**Local Help:** For help in applying for "Aid and Assistance" benefits or other veteran's benefits, call the VA Counseling Center in Ithaca, 272-1084.

## GERIATRIC CARE MANAGEMENT

Geriatric Care Management offers a variety of personalized and customized services to assist elders and their families in meeting long-term care needs. All service delivery options are designed by the geriatric care manager, a professional dedicated to helping individuals and families access various resources and services. Geriatric care management options vary depending on individual needs and are available on a short-term, ongoing, or long-term basis. Geriatric care management services are provided for a fee. These services may include:

- Comprehensive assessment in client's place of residence with recommendations
- Ongoing assessment and follow-up visits
- Consultation, referral, and access to community resources
- Organization of healthcare appointments
- Arrangement of home maintenance, errand services and meal delivery
- Review of organizational needs concerning finances and medical services
- Assistance with placements in a skilled nursing facility, assisted living or senior housing
- Support with discharge planning from hospital or skilled nursing facility
- Coordination of services for long-distance caregivers.

### *Local Geriatric Care Management Services*

<b>Care Manage for All</b> (Kim Evanski, LMSW) Website: <a href="http://www.caremanageforall.info">www.caremanageforall.info</a>	280-1433
<b>Comfort Keepers</b> Website: <a href="http://www.ithaca-685.comfortkeepers.com">www.ithaca-685.comfortkeepers.com</a>	272-0444
<b>Personal Management System</b> (Catherine Paddock)	844-8792
<b>Robert Levine, LMSW</b>	229-8404

## COUNSELING OPPORTUNITIES

*If you are a family caregiver, you may find the experience rewarding; you may at times be feeling stressed, overwhelmed, angry, or guilty. No one has said it is easy to sort out our relationships with family members. It is, of course, a lifetime activity. But mental health professionals tell us that longstanding problems often crop up again in caregiving situations. Understanding that this is not unusual, and understanding the changes that caregiving and infirmity bring to family relationships, can make life more positive and acceptable. Much more difficult to face is seeing a loved one we once knew as strong become debilitated. Not all of us are prepared to face this without help.*

*Many caregivers also need support to value and care for themselves. Caregivers are often pulled between the needs of the care-receiver, the needs of other family members, or responsibilities of a job, and are unable to find the time or energy to deal with their own personal needs. This self-neglect too often has dire consequences for the caregiver's mental or physical health. Discussing your concerns with a professional counselor can help you to deal with your situation and learn how to improve it. There are several counseling opportunities for caregivers in Tompkins County.*

### **Caregiver Counseling and/Consultation Family & Children's Service Senior Services Program**

127 W. MLK Jr./State Street

273-7494

Ithaca, NY 14850

[www.fcsith.org](http://www.fcsith.org)

The **Caregiver Counselor/Consultant** provides confidential consultation and support, at home or in the office, to caregivers and their families who would like the help provided by a professional in the field of caregiving. This service provides extra input to help caregivers deal with a broad range of problems and an opportunity to talk with someone who can listen. Possible topics for discussion include, but are not limited to, coping with stress and isolation, time management, and ways to get a break. There is no charge for this service which is grant funded. Contributions are requested, to expand the service.

**In-Home Counseling for Older Adults**— The Seniors Services Program of Family & Children's also offers individual counseling to older adults experiencing a wide range of difficulties. For elders unable to access needed services due to health problems or limitations of mobility, counseling services can be provided at home.

**Geriatric Outreach Program and Mental Health Services  
Tompkins County Mental Health Clinic**

201 East Green Street  
Ithaca, NY 14850

274-6230

(Susan Spicer, Geriatric Outreach Team Coordinator)

The **Geriatric Outreach Program** exists to meet the unique needs of older persons in Tompkins County with mental health concerns. Services include mental status assessments and treatment, including counseling and/or medications. The treatment team includes a community mental health nurse, psychiatric social worker, staff psychiatrist, and case aide. When a client cannot come to the clinic, assessment services can be provided to clients in home or community settings.

**Mediation Service (Wise Talk)**

Community Dispute Resolution Center  
120 W. MLK Jr./State Street  
Ithaca, NY 14850

273-9347

[www.cdrc.org](http://www.cdrc.org)

*Wise Talk* is a free senior adult mediation service to assist with difficult conversations or conflict resolution involving an older adult. CDRC contacts all the parties involved in the dispute and schedule a mediation at a time and place convenient to all.

**Mental Health Association in Tompkins County**

301 S. Geneva St., Suite 109  
Ithaca, NY 14850

273-9250

[www.mhaedu.org](http://www.mhaedu.org)

The **Mental Health Association (MHA)** is a private, not-for-profit organization that maintains a listing of therapists in Tompkins County and their specializations.

**Crisis Counseling**

Suicide Prevention and Crisis Service  
124 E. Court St.  
Ithaca, NY 14850

272-1616

[www.suicidepreventionandcrisiservice.org](http://www.suicidepreventionandcrisiservice.org)

Caregiving and chronic illness or disability can be stressful for both caregivers and care-receivers. **SPCS** phone counselors are available at any hour of the day or night to assist in crisis or non-crisis situations. Caregivers can get assistance in assessing depressing or suicidal risk. Counselors are available to help people manage their frustrations, loneliness and fears, and to direct caregivers to other available support.

## Caregiver Support Groups

*(We recommend that you call before attending any of these groups for the first time to confirm the time and exact location of the meeting. All of the following groups have a facilitator provided by the sponsor except for the Parkinson's spouses group which is a self-help group.)*

### **Caregiver Support Group**

#### **Family and Children's Service**

273-7494

127 W. Martin Luther King Jr./State St., Ithaca

[www.fcsith.org](http://www.fcsith.org)

Meets on the Third Tuesday of every month at Family and Children's Service at 6:30 PM.

### **Alzheimer's Support Group**

#### **Tompkins County Office for the Aging**

214 W. Martin Luther King Jr./State St., Ithaca

274-5492

Meets on the Fourth Tuesday of each month at the Office for the Aging from 1:00 PM- 2:30 PM.

### **Alzheimer's Support Group**

#### **Alzheimer's Association of Central New York**

330-1647

Meets at Lifelong, 119 W. Court St., Ithaca on the 1st Wednesday of each month at 6:00 PM.

### **Alzheimer's Support Group**

#### **Brookdale Senior Living**

351-7857

101 Bundy Rd., Ithaca

Meets at Clare Bridge, 101 Bundy Rd., Ithaca on the last Thursday of the month. Includes dinner at 5:30 PM and meeting from 6:00 PM-7:00 PM. RSVP each month you plan to attend.

### **Spouses of Persons with Parkinson's Disease Support Group**

#### **Self-help group**

274-5492

Meets monthly in the conference room at the Tompkins County Office for the Aging, 214 W. Martin Luther King, Jr./State St. Contact the Office for the Aging, 274-5492, to inquire about the group.

*(See p.39 for additional support groups for persons with particular diseases/conditions, some of which may also be open to family caregivers.)*

## LEGAL AND FINANCIAL RESOURCES

*Legal and financial issues are sometimes confusing but necessary aspects of caring for a frail older person. Planning ahead in these areas enables the caregiver to use the older person's resources to provide the best quality care, particularly if and when the older person becomes unable to make decisions for her/himself. Possible legal arrangements that can be made include the durable power of attorney, health care proxy, living will and others. In the financial realm, it is important for caregivers to understand Social Security, Medicare, Medicare Supplement policies and Medicaid. Other programs of financial assistance may assist when the budget is limited. The following organizations can provide basic information on financial and legal resources.*

### **Tompkins County Office for the Aging (COFA)**

214 W. Martin Luther King Jr/State Street, Ithaca, NY 274-5482

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

Staff at the Office for the Aging provide information, referral, and counseling on a wide range of benefits and services for seniors. Services provided by COFA staff are free. Voluntary contributions are always welcome and used to expand services. COFA is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Home visits can be arranged.

### ***Legal Assistance Program***

The **Office for the Aging** contracts with the **Tompkins/Tioga Neighborhood Legal Services** to provide free legal consultation in some civil matters for Tompkins County residents age 60 and older. More specific information on the program may be obtained by calling the Office for the Aging at 274-5498. Fee-generating cases and criminal cases are prohibited by law. Contributions are accepted and used to expand the service, but no fee is charged. Legal problems that are given high priority include the rights of nursing home patients, landlord and tenant problems, Social Security, Medicare, SSI, and other benefit programs.

## *Directory of Financial Resources for Seniors*

### **Energy Assistance**

#### **HEAP** (Home Energy Assistance Program)

Tompkins County Office for the Aging. . . . . 274-5482

214 W. Martin Luther King Jr./State Street, Ithaca, NY 14850

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

#### **Project Share** (Energy Assistance)

Tompkins County Dept. of Social Services. . . . . 274-5264

320 W. Martin Luther King, Jr./State St., Ithaca

[www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

#### **EPIC** (Elderly Pharmaceutical Insurance Coverage)

PO Box 15018 . . . . . 800-332-3742

Albany, NY 12214-5527

[www.health.state.ny.us/health\\_care/epic](http://www.health.state.ny.us/health_care/epic)

### **Health Insurance Counseling** (*including Medicare, Medigap, EPIC*)

Lifelong

119 West Court Street

Ithaca, NY 14850 . . . 273-1511

[www.tclifelong.org](http://www.tclifelong.org)

Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State St

Ithaca, NY 14850 . . . . . 274-5482

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

### **Income Tax Counseling—by RSVP Volunteers**

Lifelong . . . . . 273-1511

121 West Court Street, Ithaca, NY 14850

[www.tclifelong.org](http://www.tclifelong.org)

### **Medicare**

Social Security Administration (SSA)

127 W. MLK Jr./State Street, 2nd Floor . . . 256-3651 or 1-800-772-1213

Ithaca, NY 14850

[www.medicare.gov](http://www.medicare.gov)

### **Medicare B Premium Subsidy**

*(In 2014, Medicare recipients with income under \$1,333/month, or \$1,790 for a couple, are eligible to have Medicaid pay their monthly Medicare B premiums for them. Call for current eligibility limits.)*

Tompkins County Department of Social Services (Medicaid Unit)

320 W. MLK Jr./West State Street . . . . . 274-5359

**New York State IT-214 (Real Property Tax Credit)**

Lifelong (Assistance with application available)

119 W. Court St. .

Ithaca, NY 14850. . . . .273-1511

Assistance with application also available through RSVP Tax  
Counseling Service

**Real Estate Tax Exemption for Senior Citizens & STAR exemption**

Tompkins County Division of Assessment

128 East Buffalo Street . . . . .274-5517

Ithaca, NY 14850 [www.tompkinscountyny.gov/assessment](http://www.tompkinscountyny.gov/assessment)

**Rental Assistance-Housing Voucher Program (Section 8) and Public Housing**

Ithaca Housing Authority (IHA)

798 South Plain Street . . . . .273-1244

Ithaca, NY 14850 [www.ithacaha.com](http://www.ithacaha.com)

and

Tompkins Community Action

701 Spencer Road. . . . .273-8816

Ithaca, NY 14850 [www.tcaction.org](http://www.tcaction.org)

**Social Security Administration (Social Security and SSI)**

127 W. MLK Jr./State Street, 2nd Floor. . . . .800-772-1213

Ithaca, NY 14850 [www.ssa.gov](http://www.ssa.gov)

**TCAT— Bus Fare Discounts**

Ithaca Tompkins Transit Center. . . . .277-9388 Ext. 450

Ithaca, NY 14850 [www.tcatbus.com](http://www.tcatbus.com)

**Telephone Discounts**

**Lifeline discount for Landline phones:**

Verizon. . . . . 1-800-555-5000  
or call your local telephone office.

**Safelink (free cellular phone service).....1-800-867-7183**

Enroll online at **www.safelinkwireless.com**.

**Assurance Wireless (free cellular phone service).... 1-800-321-5880**

Enroll online at **www.assurancewireless.com**.

*(Note: Income-eligible individuals must choose either the lifeline (landline) phone discount or a free cell phone service. You cannot receive both benefits.)*

**Tompkins County Department of Social Services**

Human Services Building                      Long Term Care. . . . . 274-5222  
320 W. MLK Jr/State Street                Food Stamps . . . . .274-5201  
Ithaca, NY 14850                              Public Assistance . . . . .274-5345

**www.tompkinscountyny.gov/dss**

**New York State Division of Veterans Affairs**

423 W. MLK Jr/State St. . . . . 272-1084  
Ithaca, NY 14850                              **www.veterans.state.ny.us**

Veterans or their spouses may be eligible for a financial benefit (Aid and Attendance program) if they have long-term care needs or a monthly stipend (if living in a skilled nursing facility).

***Note:*** *Low income seniors and their caregivers can call the Office for the Aging to discuss which financial assistance programs might be available to them.*

## HOUSING

### **Tompkins County Office for the Aging**

214 W. Martin Luther King Jr/State Street  
Ithaca, NY 14850

274-5482

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

The **Tompkins County Office for the Aging (COFA)** provides these housing related services:

**Housing Options Counseling**—consultation with older adults and their caregivers about housing options available to them (including independent living and assisted living, home repair programs, rent-subsidies and other affordable housing programs)

**Home Repair and Home Safety- WRAP Program**—offers assistance in helping low-income, older homeowners address an assortment of energy, health and safety related home repair needs. Also, free home safety assessments.

**Assistance with filing Property Tax Exemptions**, the Home Energy Assistance Program (**HEAP**), and the New York State **Real Property Tax Credit (IT-214)**

### **Home Repair and Weatherization Assistance**

#### **WRAP Program: Home Repair/Home Safety Referral & Assistance**

Tompkins County Office for the Aging

214 W. Martin Luther King Jr/State Street . . . . . 274-5486

Ithaca, NY 14850

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

The Office for the Aging offers assistance in helping low-income, older homeowners address an assortment of energy, health and safety related home repair needs. Free Fall Prevention Home Safety Assessments.

#### **Weatherization**

Tompkins Community Action

701 Spencer Road. . . . . 273-8816

Ithaca, NY 14850

[www.tcaction.org](http://www.tcaction.org)

#### **Tompkins County Mini-Home Repair Program**

Better Housing for Tompkins County

950 Danby Road, Suite 102. . . . . 273-2187

Ithaca, NY 14850

[www.betterhousingtc.org](http://www.betterhousingtc.org)

Available to county residents outside of the city of Ithaca

**SHARP (small home repair) Program**

Ithaca Neighborhood Housing Service (INHS)

115 West Clinton Street. . . . . 277-4500

Ithaca, NY 14850

[www.ithacanhs.org](http://www.ithacanhs.org)

Available only to Ithaca City residents

**Home Safety Assessment**

**Empowerment by Design Occupational Therapy**

PO Box 506. . . . . 351-1654

Ithaca, NY 14851

[www.ebd-ot.com](http://www.ebd-ot.com)

Comprehensive home safety evaluation and help with selection of accessibility products. Generally a fee, unless covered by insurance.

**Rebecca Norman, OTR**. . . . . 227-4421

Ithaca, NY 14850

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

Ms. Norman is an occupational therapist specializing in geriatric rehabilitation and falls prevention.

**Tompkins County Office for the Aging**

*(The Office for the Aging offers free home safety assessments. See WRAP program entry on page 16.)*

**Moving Assistance**

**Clear the Way**

(Linda Story) 592-0914

E-mail: [info@cleartheway.com](mailto:info@cleartheway.com)

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

Help with as much of the move as you wish, including decisions about your possessions (downsizing), work as your advocates to track moving-related timelines, coordinate the moving day, and/or guide the functional arrangement of your furnishings for your new location.

**Liz Simple**

(Liz Norton) 279-5126

E-mail: [lizsimple@gmail.com](mailto:lizsimple@gmail.com)

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

Help with part or all of a move including assistance on deciding where to move, help determining what possessions to move and what to do with the rest. Organizing, packing, moving in, unpacking, setting up utilities and other services. Disposal of unwanted goods.

**Simply Organize**

(Laura Barrows) 277-0801

Helps people organize: decide what to keep and what to get rid of, set up arrangements with moving company, determine what to do with possessions.

## Directory of Senior Housing Facilities

### **Apartments**

*The apartments mentioned in this guide have been especially designed for independent senior citizens. They offer many features that are attractive to older residents such as laundry facilities, extra security and safety features, and the opportunity to live with other senior citizens.*

*The apartment complexes have generally been subsidized by various federal agencies. This accounts for the variation in income level stipulations and rental rates.*

*For your information, in 1983 Congress enacted a statute allowing residents of rental housing for the elderly or handicapped to have common household pets. Application of this policy differs from complex to complex. We suggest that you call and inquire if this is an area of interest to you.*

*For more in-depth information, consult **Housing for Seniors in Tompkins County**, a companion booklet in the Office for Aging booklet series.*

#### **Center Village Court Apartments**

200 West South Street  
Groton, NY 13073 ..... 898-5887

#### **Conifer Village**

200 Conifer Drive..... 277-6320  
Ithaca, NY 14850 [www.coniferllc.com](http://www.coniferllc.com)

#### **Ellis Hollow Apartments**

1028 Ellis Hollow Road..... 273-3020  
Ithaca, NY 14850 [www.coniferllc.com/](http://www.coniferllc.com/)

#### **Fountain Manor**

9 Midline Road. .... 564-6320 or 273-2187  
Slaterville Springs, NY 14881 [www.betterhousingtc.org](http://www.betterhousingtc.org)

#### **Juniper Manor I and II**

Trumansburg Seniors Inc.  
24 Elm Street and 16 Pease Street..... 387-5922 or 273-2187  
Trumansburg, NY 14886 [www.betterhousingtc.org](http://www.betterhousingtc.org)

**Lehigh Crossing Apartments**

15 Cook Street . . . . . 844-4045  
Freeville, NY 13068 [www.belmontmgmt.com](http://www.belmontmgmt.com)

**McGraw House**

700 McGraw House (*Geneva Street*). . . . . 272-7054  
Ithaca, NY 14850 [www.mcgrawhouse.org](http://www.mcgrawhouse.org)

**Newfield Garden Apartments**

261 Main Street. . . . . 564-9935 or 273-2187  
Newfield, NY 14867 [www.betterhousingtc.org](http://www.betterhousingtc.org)

**Schoolhouse Garden Apartments**

177 Main Street . . . . . 898-4770  
Groton, NY 13073 [www.coniferllc.com](http://www.coniferllc.com)

**Titus Towers I and II**

Ithaca Housing Authority  
798 & 800 South Plain Street. . . . . 273-8629 Ext. 245  
Ithaca, NY 14850 [www.ithacaha.com](http://www.ithacaha.com)

**Willowbrook Manor**

PO Box 522. . . . . 844-8000 or 844-5130  
Dryden, NY 13053 [www.drydenapartments.com](http://www.drydenapartments.com)

**Woodsedge**

Woodsedge Drive  
Lansing, NY 14882 . . . . . 533-4792  
[www.mycrmrental.com](http://www.mycrmrental.com)

**Housing with Long Term Care Services**

*[These programs range from residential care facilities offering no nursing services to skilled nursing facilities (nursing homes). For help determining the appropriate program for your needs, contact NY Connects (see page 6). For more detailed information, see **Long Term Support Services in Tompkins County**, a companion booklet in the Office for the Aging booklet series]*

## Senior Housing with Meals/Housekeeping Included

### Longview

1 Bella Vista Drive ..... 375-6320  
Ithaca, NY 14850 [www.ithacarelongview.com](http://www.ithacarelongview.com)

101 apartments consisting of studios, one-bedroom and two-bedrooms. One restaurant-style meal, housekeeping services and other amenities included in monthly rental fee.

## Licensed Adult Care Residences

Licensed adult care facilities provide housekeeping, meals, and recreational programs, 24 hour supervision, medications monitoring and varying levels of personal care. Adult care facilities are licensed by the New York State Department of Health.

### Larger Adult Care Residences in Tompkins County

#### Bridges Cornell Heights

403 Wyckoff Avenue. .... 257-5477  
Ithaca, NY 14850 [www.bridgescornellheights.com](http://www.bridgescornellheights.com)

#### Clare Bridge Cottage of Ithaca (*memory care residence*)

101 Bundy Road ..... 256-2580  
Ithaca, NY 14850 [www.brookdaleseniorliving.com](http://www.brookdaleseniorliving.com)

#### Longview, An Ithacare Community

1 Bella Vista Drive ..... 375-6320  
Ithaca, NY 14850 [www.ithacarelongview.com](http://www.ithacarelongview.com)

#### Sterling House of Ithaca

103 Bundy Road. .... 256-2580  
Ithaca, NY 14850 [www.brookdaleseniorliving.com](http://www.brookdaleseniorliving.com)

**Family-Type Adult Homes in Tompkins County**

These are homes that are licensed by the state to provide residential and personal care services for up to four persons.

**Deerhaven**

179 Tupper Road. . . . .564-1880 (Joyce Starks)  
Spencer, NY 14883 (Town of W. Danby)

**Evergreen House**

4461 Jacksonville Road . . . . . 277-1342 (Classen Home Health)  
Trumansburg, NY 14850  
**www.classenhomehealth.com**

**Kitty Lane**

58 Gee Hill Rd.....299-4936 (Audrey Feint)  
Dryden, NY 13053

**Old Hundred House**

704 Five Mile Drive. . . . .277-1342 (Classen Home Health)  
Ithaca, NY 14886 **www.classenhomehealth.com**

**Elder Cottage Rentals**

**Better Housing for Tompkins County, Inc.**

950 Danby Road, Suite 102. . . . . 273-2187  
Ithaca, NY 14850 **www.betterhousingtc.com**

Rental of small modular homes designed to meet needs of the adults with disabilities. Homes are placed temporarily on the lot of an adult child or other supportive relative/friend and removed to a new location when no longer needed by tenant. Tompkins County only.

The application process is handled by the Tompkins County Office for the Aging. Call 274-5492.

## Life Care Retirement Community

### **Kendal at Ithaca**

2230 North Triphammer Road. . . . . 266-5300

Ithaca, NY 14850 [www.kai.kendal.org](http://www.kai.kendal.org)

This type of Long Term Residential Program provides a continuum of care including independent housing, health care services, a residential care facility, and a skilled nursing facility.

## Nursing Homes

### **Groton Residential Care Facility**

120 Sykes Street

Groton, NY 13073 . . . . . 898-5876

### **Cayuga Ridge Extended Care**

1229 Trumansburg Road. . . . . 273-8072 ext. 243

Ithaca, NY 14850 [www.cayugaridge.org](http://www.cayugaridge.org)

### **Oak Hill Manor Nursing Home**

602 Hudson Street

Ithaca, NY 14850 . . . . . 272-8282

### **Beechtree Care Center**

318 South Albany Street . . . . . 273-4166 Ext 162

Ithaca, NY 14850 [www.beechtreecarecenter.org](http://www.beechtreecarecenter.org)



## LONG DISTANCE CAREGIVING

*Providing care for an elderly person from a distance presents a unique challenge. Gathering information about the older person's situation, helping her/him make decisions about the future and providing emotional support are as important as providing care.*

*Open communication among everyone involved and planning ahead can help avoid complications in the future. An important part of long-term planning is gathering information about services and programs in the older person's community. If you have Internet access, you may be able to find information about long-term care services in another state by searching to see if the county Area Agency on Aging has a web page listing those resources.*

**Eldercare Locator** ..... 1-800-677-1116  
[www.eldercare.gov](http://www.eldercare.gov)

One service available to long distance caregivers is the **Eldercare Locator**. The Eldercare Locator is a national toll-free number that helps caregivers identify the most appropriate organization for information and assistance in the older person's community. Call **1-800-677-1116** Monday through Friday, between 9 a.m. and 11 p.m., Eastern Standard Time, for assistance. Please have the following information ready when you call: (1) The name and address of the older person you are assisting including the zip code. (2) A brief and general description of the problem or type of assistance you are seeking.

**Tompkins County Office for the Aging**  
214 W. Martin Luther King Jr/State Street..... 274-5482  
Ithaca, NY 14850 [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

The Office for the Aging maintains a directory of contact people in County Offices for the Aging nationwide. A simple telephone call can provide detailed information about services available where the older person lives, regardless of what part of the state or country. A consultation with staff of the Caregivers' Resource Center may also be helpful in your decision-making process. The Resource Center also has a lending library of books and other resources for caregivers as well as free, easy-to-read brochures.

## **LONG-TERM CARE COMMUNITY SUPPORT SERVICES**

*A variety of services are available to help meet the physical, psychological, and social needs of frail elderly living in the community. These services can also be of tremendous help to caregivers, easing some of the responsibilities of providing care.*

*The first section that follows lists available community resources in the areas of home health care, nutrition, transportation, safety, socialization, etc.*

*The second section contains a listing of in-home support and nursing services. For further information, consult the **Long Term Support Services in Tompkins County** booklet in the Office for the Aging booklet series.*

### **Meals and Shopping Services**

#### **Foodnet: Congregate Meals Program and Meals on Wheels**

2422 North Triphammer Road. . . . . 266-9553  
Ithaca, NY 14850 [www.foodnet.org](http://www.foodnet.org)

The **Congregate Meals Program** is provided by Foodnet, a not-for-profit group that contracts with the Tompkins County Office for the Aging to operate the nutrition programs for the County. They provide meals and social time Monday through Friday at midday. Nutrition counseling and education are provided to individuals and groups. The sites for meals are conveniently located throughout the County, and are open to everyone over 60. Dining room locations: Titus Towers (Ithaca), Center Village Court (Groton), Woodsedge (Lansing), First Baptist Church (Trumansburg).

**Meals on Wheels**, provided by Foodnet, serve people 60 and over who live in Tompkins County. Two meals are delivered 5 days a week, and frozen meals can be provided for the weekends. Nutrition counseling and education are provided to participants.

**Contributions** for the Congregate Meals and Meals on Wheels are encouraged, but not required. (It costs Foodnet \$8 per hot meal or \$40/week or \$9.50 for hot meal and sandwich meals or \$47.50 per week.)

Those able to contribute the full cost are encouraged to do so, but any amount helps. Food stamps are also accepted. No one is denied a meal because of inability to make a contribution

**Foodnet Select**, also provided by Foodnet, is a service available to people of any age in Tompkins County who need home-delivered meals for a health related reason. Volunteers deliver two meals a day, five days a week. Frozen meals can be provided by the weekends. Cost is \$8 per hot meal, \$9.50 for both hot meal and sandwich. Third party payments are accepted. Call for further details.



## Transportation Services

### **Gadabout Transportation Service**

737 Willow Avenue

Ithaca, NY 14850 ..... 273-1878

**Gadabout** provides demand-response transportation in the Tompkins County area to people 60 or over, and those with a disability. Most of its vehicles are wheelchair-lift equipped. Reservations two or more days ahead of time. Trips can be for any purpose, with priority given to medical and nutritional necessities. Fare is \$1.50 one way within the city limits and \$2 one way outside of the city limits.

### **FISH Transportation Service:**

**c/o 211 Tompkins Cortland** ..... Dial 211 or 1-866-255-6545

Ithaca, NY 14850

[www.fishoftc.org](http://www.fishoftc.org)

FISH volunteers provide essential transportation within Tompkins County for elderly, handicapped, or low-income, individuals. This service is offered primarily for medically-related trips. It is best to call a week in advance. There is no charge; donations are accepted.



### **ADA Paratransit Service**

Tompkins Transit Center

737 Willow Avenue ..... 277-9388 ext. 420; TDD 277-9677

Ithaca, NY 14850

[www.tcatbus.com/adaparatransit.php](http://www.tcatbus.com/adaparatransit.php)

The ADA Paratransit Service is specialized transportation to serve persons with disabilities which prevent them from riding a fixed route bus. Those who qualify receive a card allowing them to use the service, which covers a 3/4 mile-wide corridor on either side of regular bus routes, and operates within the same time frame as public bus service.

### **Trips to Upstate Medical Center (or other medical offices in downtown Syracuse) using the Airport Limousine Service..1-800-273-9197**

Senior Citizens who are referred by the Tompkins County Office for the Aging will receive a reduced rate for this service (currently \$85). The airport limousine will pick up the client at their home take him/her to medical appointments at Upstate Medical Centers Offices. Call the Tompkins County Office for the Aging for the referral (274-5482).

**Wheelchair Accessible Taxi**

As of this printing, service hours are Monday-Friday, 8:00 AM-5:00 PM  
Call for updated information. Regular taxi fares apply. Room for 4 (3  
seated & 1 wheelchair) passengers. To request a ride in your power or  
standard wheelchair on the MV-1 Taxi, call Ithaca Dispatch.....277-7777

**Lansing Senior Van**

The van is available for the transportation needs of all Lansing older  
adults on a first come, first served basis. Call the volunteer dispatcher  
preferably a week in advance.

Barbara Bills. .... 257-4496

**Other Long Term Care Supportive Services**

**Project CARE-Friendly Visiting, Respite and other Volunteer Help**

Tompkins County Office for the Aging  
214 W. Martin Luther King Jr/State Street .....274-5491  
Ithaca, NY 14850 [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

**Project CARE**, organized by the Tompkins County Office for the  
Aging, matches older people with volunteers and encourages regular vis-  
its, offering companionship and a chance for sharing time and interests.

**Project CARE** volunteers also provide respite and assistance to  
caregivers who are caring for someone with difficulty with two or more  
activities (e.g., dressing, bathing, toiletry) of daily living or someone who  
is in need of substantial supervision because of cognitive impairment.

**Hospice Care (at home, in nursing home or at the Hospice Residence)**

Hospicare and Palliative Care Services  
172 East King Road. .... 272-0212  
Ithaca, NY 14850 [www.hospicare.org](http://www.hospicare.org)

**Hospicare and Palliative Care Services** is a program of compre-  
hensive home care for terminally-ill patients and their families. The pro-  
gram includes home care services, emotional, psychological an spiritual  
support to the patient and to family members, respite services, financial  
and legal counseling, and provision of medical supplies, drugs and equip-  
ment. The Hospicare Residence provides residential care for terminally  
ill patients and is located inside the Hospice Center.

Hospicare’s **Personal Attention to Health (PATH) Program**  
provides support to patients who are still pursuing curative treatment  
(such as chemotherapy or dialysis) for a serious condition but are finding  
day-to-day life increasingly difficult to cope with because of the serious illness.

**Personal Emergency Response System (PERS)**

Tompkins County Office for the Aging  
214 W. Martin Luther King Jr/State Street..... 274-5482  
Ithaca, NY 14850 [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

The **Personal Emergency Response System** is a communication system which links an individual with the County’s emergency medical response system. Pressing a button on the unit or on a pendant worn around the neck automatically dials an emergency rescue dispatcher. PERS units may be rented on a sliding scale of up to \$36.00 per month.

**Protective Services for Adults**

Tompkins County Department of Social Services  
320 W. MLK Jr./State Street. .... 274-5323  
Ithaca, NY 14850 [www.tompkinscountyny.gov/dss](http://www.tompkinscountyny.gov/dss)

**Protective Services** are provided to adults over the age of 18 who, because of physical or mental impairment, are unable to manage their own resources or protect themselves from neglect or hazardous situations, and have no one able to help them. Services are available regardless of income level. If necessary, the Department of Social Services can serve as a representative payee for a person unable to manage her or his money. Referrals come from concerned individuals as well as agencies and people themselves. Referrals are kept confidential.

**Project Lifesaver**

Tompkins County Sheriff’s Office  
Public Safety Building, 779 Warren Road 257-1345, ext. 455  
Ithaca, NY 14850 [www.tompkinscountyny.gov/sheriff](http://www.tompkinscountyny.gov/sheriff)

**Project Lifesaver** provides timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer’s, autism, and other related conditions or disorders. Each participant that is enrolled in the program is fitted with a Project Lifesaver wristband (transmitter) that emits a tracking signal every second 24 hours a day. The signal can be tracked by trained personnel from the Tompkins County Sheriff’s Office using equipment with radio frequency tracking capability. A helicopter with radio frequency capability can be used in the search if necessary. Personnel come to the participant’s house every 60 days to change the battery and check the band to assure it is in good working order. Call the Sheriff’s office at 257-1345, extension 455, to make an appointment to enroll in the program.

## IN-HOME CARE

*A variety of agencies offer home care service. Home care may be scheduled as needed from several hours per week to 24 hours a day. Costs vary depending on the agency and the services performed. Generally, home care is provided by a registered nurse (RN), licensed practical nurse (LPN), home health aide (HHA), personal care aide (PCA), homemaker, or companion.*

*Hiring someone to provide care in the home, either from an agency or privately, is an individual decision. Home care agencies are responsible for training, scheduling, supervising, arranging for substitutes, and employee benefits for personnel they employ. Payment to an agency is made either by the family or a third party such as Medicare, Medicaid, or an insurance company. Private home care arrangements generally cost less than hiring through an agency; however, the patient or family assumes responsibility for paying social security taxes, disability, and other employer responsibilities. For further information, consult the **Long Term Support Services in Tompkins County** booklet in the *Office for the Aging* series.*

### Public Programs Providing In-Home Care

#### **NY Connects (Long Term Care Services)**

Human Services Building  
320 W. MLK Jr/State Street. . . . .274-5222  
Ithaca, NY 14850

Provides initial assessment and assistance in arranging services for all seniors without regard to income. Provides ongoing care management for seniors receiving in-home services through the **Medicaid, EISEP, or Long Term Home Health Care Programs.**

**EISEP** (Expanded In-Home Services for the Elderly Program) provides non-medical, in-home services and case management for people 60 or over to help with bathing, dressing, cooking, shopping, laundry, and housekeeping. The case manager will arrange for and monitor these services to make sure they are meeting the client's needs. Clients pay for services on a sliding fee scale based on their income and housing expenses. There is no charge for care management.

**Medicaid** provides a variety of home care services to Medicaid clients. Medicaid need must be documented by a physician. Caseworkers and nurses, under a doctor's order, jointly coordinate in-home personal care and home health aide services to people who receive Medicaid. Services are provided without regard to age.

The **Long Term Home Health Care Program** provides coordinated home care services. Services may be provided to both Medicaid and non-Medicaid recipients who have been assessed as in need of skilled nursing or health related care. Services provided are nursing, medical, social services, home health aides, personal care aides, nutrition, medical supplies and equipment, and other therapeutic and related services. Also known as the *Nursing Home Without Walls* program. Services of **Long Term Home Health Care Program** are provided by arrangement with:

**Visiting Nurse Service of Ithaca and Tompkins County, Inc.**

138 Cecil A. Malone Drive ..... 273-0466  
Ithaca, NY 14850 [www.vnsithaca.org](http://www.vnsithaca.org)

**Veterans Long Term Care Benefits**

Some Veterans may be eligible for home health care, short-term respite stay in a VA facility, "Aid and Assistance" pension, and/or other benefits. To discuss eligibility criteria, call:

**VA Counseling Center**

434 W. Martin Luther King Jr/State Street. .... 272-1084

**Private Hire Employment Registry**

**The Registry**

Finger Lakes Independence Center ..... 272-2433  
Ithaca, NY 14850 [www.fliconline.org](http://www.fliconline.org)

The **Registry** is a free listing and referral service that lists households needing in-home help. The Registry links these households with independent job seekers over the age of 18. In-home job seekers are listed after they are interviewed and references are checked. The Registry lists jobs for personal care aides, cleaning personnel, companions, homemakers and nurses.

Wages for home health aides and personal care aides usually range between \$12 and \$17 per hour, while housekeeping and companions tend to range between \$10 and \$15. There is no fee for the matching service, but contributions are welcomed.

## Directory of Home Care Agencies

### **Licensed Agencies**

*(The following agencies are licensed by the NY State Health Department to provide personal care and home care aide services.)*

#### **CareGivers**

531 W. MLK Jr./State Street .....275-0238  
Ithaca, NY 14850 [www.caregivershomecare.com](http://www.caregivershomecare.com)

#### **Classen Home Health Associates, Inc.**

Ithaca Shopping Plaza  
222 Elmira Rd., Suite 3 .....277-1342  
Ithaca, NY 14850 [www.classenhomehealth.com](http://www.classenhomehealth.com)

#### **Comfort Keepers**

179 Graham Rd., Suite F. ....272-0444  
Ithaca, NY 14850 [www.comfortkeepers.com](http://www.comfortkeepers.com)

#### **Community Health and Home Care, Inc.**

138 Cecil A. Malone Drive. ....273-7780  
Ithaca, NY 14850 [www.vnsithaca.org/CHHC/index.html](http://www.vnsithaca.org/CHHC/index.html)

#### **Hospicare and Palliative Care Services** *(see p. 27)*

172 East King Road .....272-0212  
Ithaca, NY 14850 [www.hospicare.org](http://www.hospicare.org)

#### **Redmoon Caregivers, LLC**

2149 Slaterville Rd., Suite 6. ....254-6090  
Ithaca, NY 14850 [www.redmooncaregivers.com](http://www.redmooncaregivers.com)

#### **Stafkings Healthcare Systems**

222 South Fulton Street  
Ithaca, NY 14850. ....273-5335

### **Companion Care/Homemaker Services**

#### **Home Instead Senior Care**

2 South Street, Suite 404. ....(315) 252-2354  
Auburn, NY 13021 [www.homeinstead.com/706](http://www.homeinstead.com/706)

### **Medicare-Certified Agencies**

*(The following agency is certified by Medicare to offer skilled nursing, physical therapy, speech therapy, and occupational therapy to patients who meet Medicare criteria for being homebound..)*

#### **Visiting Nurse Service of Ithaca and Tompkins County, Inc.**

138 Cecil A. Malone Dr. ....273-0466

Ithaca, NY 14850

[www.vnsithaca.org](http://www.vnsithaca.org)

## **RESPIRE AND ADULT DAY PROGRAMS**

*Taking care of an elderly family member at home can be a 24-hour-a-day, 365-day-a-year commitment. Providing this care places considerable stress on spouses, adult children, and friends who must manage other family and work obligations as well. Respite services offer family caregivers temporary relief from the responsibilities of caring for a physically or emotionally dependent person, and also provide the care-receiver with social opportunities. There are three types of respite services available to caregivers in Tompkins County: in-home respite, overnight respite, and adult day programs. One or more of these services may be just what you need to take care of yourself!*

*(Social Adult Day Program)*

### **Longview Adult Day Community**

Many Tompkins County families have grown to include grandparents. But with today's busy, two-career lifestyle, it's often impossible for someone to be home all day providing companionship and ensuring the safety and security of older adults (age 55+). Spousal caregivers may also benefit from some respite from caregiving. **Longview's Adult Day Community** is one possible solution. The daily fee includes personal supervision and recreational programs, as well as morning and afternoon snacks and a hot, nutritious lunch. \$45/full day; \$31 half/day (with lunch); \$22/half day(without lunch).

Participants can attend all five days, or just certain days or half-days as preferred

To inquire, contact:

**Longview**

1 Bella Vista Drive

Ithaca NY 14850

375-6323

Website: [www.ithacarelongview.com](http://www.ithacarelongview.com)

### **Volunteer In-home Respite**

**Project CARE** matches community volunteers with caregivers to provide some respite by visiting with the care recipient or doing other errands or chores to free up the caregiver (*see page 24*). Project CARE may also arrange for paid aide respite for certain individuals through Tompkins County Long Term Care Services. Specific criteria must be met.

Project CARE

Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State Street

Ithaca, NY 14850

274-5491 (Trina Schickel)

Website: [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

### **Privately hired Respite Services**

For a fee, you may arrange for respite aide service through one of several area agencies if they have aides available at the times you need one (*See pages 31*). You may also be able to hire someone privately through **The Registry**, a service of the Finger Lakes Independence Center (*see page 30*).

**Note:** *Some financial assistance may be available to family caregivers who cannot afford to pay for in-home help or a short-term facility stay that enables the caregiver to get away for a few days. Call the Office for the Aging, 274-5482.*

## **Overnight Respite**

### *Assisted Living Level of Care*

Short-term stays are allowed on a space-available basis in **Clare Bridge** (for dementia patients), **Sterling House**, **Bridges Cornell Heights**, as well as most of the smaller, **family-type, adult care homes** locally (see page 20-21). You may also want to look at places in nearby counties if space is not available at local residences. Charges generally include meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

### *Higher Level of Care*

Those who do not have self-care skills to qualify for an adult home level of care can consider two other options for overnight respite:

#### **Cayuga Ridge Extended Care and Beechtree Care Center**

Both accept short term admissions for respite purposes on a space-available basis. A nursing home assessment and doctor's orders are needed. Contact the nursing home well before the date respite care is needed (*see pages 22*).

**Veterans** may be eligible for a respite stay at a Veteran's Administration residential care facility. In Tompkins County, contact the VA Counseling Center (272-1084) to discuss eligibility and how to apply.

## SERVICES FOR ADULTS WITH PHYSICAL DISABILITIES

*The following services may be useful to adults with physical disabilities. Physical disabilities encompass a wide variety of conditions including visual, speech, hearing, mobility or other impairments caused by illness or accident. If the impairment originated before age 22, this may qualify as a developmental disability, and provide eligibility for a variety of services and funding sources.*

### Agencies

#### **Finger Lakes Independence Center (FLIC)**

215 5th Street. . . . . 272-2433  
Ithaca, NY 14850 [www.fliconline.org](http://www.fliconline.org)

Provides information, referral and advocacy on hearing loss and deafness, visual loss and blindness as well as other disabilities. The **“Try It Room” at FLIC** contains a wide variety of assistive devices of decoders, pocket talkers, TDD/TTY’s, phone amplifiers, books and video tapes on hearing impairments, deafness, sign language and other disability related subjects. Provides assistance in locating appropriate professionals for hearing evaluation. American Sign Language classes offered. A taped reading of the Ithaca Journal can be provided free of charge..

#### **Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)**

609 E. Church St. . . . . 1-800-888-5020 or (Ithaca 275-0308)  
Elmira, NY 14901 [www.acces.nysed.gov/vr](http://www.acces.nysed.gov/vr)

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives. Through its administration of independent living programs, VR coordinates independent living services for people of all ages.

*(See also: Mini-Repair and WRAP programs on pp. 16-17.)*

## **Equipment and Assistive Devices: Information, Purchases and Loan Closets**

Many devices are available to help disabled people to adapt to their disabilities and lead more active lives. They can make life much easier for caregivers as well. If your need is temporary, the loan closets listed below provide free equipment (a deposit may be required). Whenever possible, seek professional guidance to choose the appropriate device—wheelchairs and walkers come in sizes, and can be unsafe if used improperly. Physical and Occupational Therapists and other rehabilitation professionals can help choose the right adaptive equipment for physical impairments.



### **Equipment Loan Fund for the Disabled**

NYS Office of Children and Family Services, Room 201 South  
52 Washington Street. . . . . (518) 474-0197  
Rensselaer, NY 12144

**[www.ocfs.state.ny.us/main/publications/Pub1407text.asp](http://www.ocfs.state.ny.us/main/publications/Pub1407text.asp)**

Low interest loans available to disabled New York State residents to purchase equipment to assist daily living. Wheelchairs, ramps, van lifts, TTD's, prostheses, etc. Amounts available range up to \$4,000.

### *Loan Closets*

#### **Dryden Veterans' Memorial Home**

2272 Dryden Road (Rt. 13)  
Dryden, NY 13053 . . . . .844-9900

Loan closet included bathroom safety equipment, canes, crutches, wheelchairs, beds, etc.

#### **Finger Lakes Independence Center**

215 5th Street . . . . . 272-2433  
Ithaca, NY 14850

**[www.fliconline.org](http://www.fliconline.org)**

Free loan of wheelchairs, canes, crutches, walkers, portable ramps, TDD's, closed caption decoders, phone amplifiers, electronic magnifying devices, bathroom safety equipment. Consultation on home modifications.

#### **Groton American Legion**

307 Main St.  
Groton, NY 13073. . . . .898-3837

Loan closet for wheelchairs, crutches, walkers, and commodes.

**Trumansburg American Legion**

West Seneca Road

Trumansburg, NY 14850 . . . . . 387-4212

Loan closet for wheelchairs, crutches, walkers, and commodes.

***Parking Permits***

**Ithaca City Clerk**

City Hall, Green Street. . . . . 274-6570 or Your Town or Village Clerk

Ithaca, NY 14850

**[www.ci.ithaca.ny.us](http://www.ci.ithaca.ny.us)**

Permits allowing parking at designed spots are available for temporarily or permanently disabled individuals at either the City Clerk’s office or your own Town or Village Clerk’s office. Doctor’s statement or prescription required.

**Department of Motor Vehicles**

301 Third Street . . . . . 273-7187

Ithaca, NY 14850

**[www.nydmv.state.ny.us](http://www.nydmv.state.ny.us)**

Permanently disabled individuals can obtain license plates marked with the “handicapped” sign for one-time charge of \$25.00 or \$28.75. A doctor’s statement, insurance card (and old plates) must be brought in.

***Note:***

1. You can search on-line for assistive devices at **[www.abledata.com](http://www.abledata.com)**
2. The Finger Lakes Independence Center maintains a listing of area stores and services that offer assistive equipment sales, rental, and repairs (see contact information on the following page).

**Chronic Disease Self-Management Programs**

**Healthy and Active Living Workshops** — free six-week workshop providing adults, ages 18 and above, who have an ongoing health condition (such as arthritis, cancer, diabetes, obesity, Parkinson's, any long-term health condition) with strategies for living a healthy lifestyle.

**Diabetes Self-management Workshops**— another free six-week series developed to help individuals who have Type 2 Diabetes, Type 1 Diabetes or Pre-Diabetes. It will help with skills needed to manage Diabetes as well as to deal with ways continue to live a healthy life.

Call 273-8686 or email [solmstead@hsctc.org](mailto:solmstead@hsctc.org) at the Health Planning Council for information or to sign up for either workshop.

## **FOR EMPLOYED CAREGIVERS**

*Due to economic necessity and greater opportunities in the workplace, more and more caregivers, particularly daughters with young children, are working outside the home. Juggling work and family responsibilities can be a tremendous challenge. It is important for working caregivers to seek out and receive the support that they need.*

*Employers are beginning to recognize eldercare as an important concern for their employees which may affect productivity. Policies to inquire about and advocate for (if your employer does not already have them) include flexible working hours, flexible benefits, family leave, and contracted programs such as information and referral, adult day care, workshops and support groups.*

### **Family and Medical Leave Act (FMLA)**

The Family and Medical Leave Act (FMLA) covers employers of more than 50 employees (at the worksite or within 75 miles thereof). Since 1993, the **FMLA** has entitled qualified employees, who have been employed for at least 12 months and who have worked at least 1,250 hours during the 12-month period, to up to 12 weeks of unpaid leave per year for the birth or adoption of a child, to care for a spouse or an immediate family member with a serious health condition, or when unable to work because of a serious health condition.

The employer is required to maintain any pre-existing health coverage during the leave period and, once the leave period is concluded, to reinstate the employee to the same or an equivalent job.

### **Employee Assistance Program (EAP)**

Some employers provide individual counseling for employees. **Employee Assistance Program** provides free, confidential counseling to help you explore options when problems seem too confusing or painful to solve alone. **EAP's** offer a wide range of services for personal and work related concerns, including eldercare concerns.

Employees can make use of the **EAP** on their own initiative, or may be referred by a supervisor who believes that the program could be helpful. Your counseling is confidential and information is not shared with anyone unless you request otherwise.

The Caregivers' Resource Center at the Office for the Aging has printed materials on issues related to balancing work and caregiving.

## DIRECTORY OF SUPPORT GROUPS

(Contact Tompkins 211 for updated information on area support groups.)

- Alcoholic Anonymous** ..... 273-1541  
Self-help for alcoholics
- Al-Anon** ..... 274-9422  
Self-help for family & friends of alcoholics
- Alzheimer's Support Groups**  
Tompkins County Office for the Aging ..... 274-5492  
Alzheimer's Association ..... 330-1647  
Brookdale Senior Living. .... 351-7857
- Bereavement Support Group** ..... 272-0212  
Support for those who have experienced death of a loved one
- Cancer Support Groups**  
Hospicare and Palliative Care Services ..... 272-0212  
Cancer Resource Center of the Finger Lakes. . . . . 277-0960
- Caregiver Support Group**..... 273-7494  
For those caring for aging parents or other elderly  
relatives or friends
- Diabetes Community and Support Groups** ..... 274-4127  
Periodic education series and support for people with  
diabetes, family, friends. Held at Cayuga Medical Center
- Finger Lakes Area Multiple Sclerosis Group** ..... 272-2433  
For persons with Multiple Sclerosis and their Caregivers
- Grandparents Raising Grandchildren support group.** . . . . 273-7494  
Sponsored by Family and Children's Service in Ithaca
- Multiple Sclerosis Caregiver Support Group** ..... 272-2433  
For parents and other family caregivers
- National Alliance for the Mentally Ill** ..... 273-2462  
Support group for friends and family of people with  
severe, biologically-based mental illness. Formerly  
called Finger Lakes Alliance for the Mentally Ill
- Stroke Support Group.** ..... 272-2433  
For Stroke Survivors and their caregivers

(The Mental Health Association in Tompkins County may have additional support groups, or update information in their listings on the website at [www.mhaedu.org/supptres.shtml](http://www.mhaedu.org/supptres.shtml) or call them at 273-9250. If you are in Tompkins County, you can also call 211 and ask for information on local resources for the particular diseases or condition about which you are concerned.)

## **INTERNET RESOURCES FOR CAREGIVERS**

### **Tompkins County Office for the Aging Website ([www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa))**

Information on caregiver supports and other services offered by the local Office for the Aging. The booklet you are reading is on-line at this site as well as other resource guides on services for older adults in Tompkins County including Housing Options, Long Term Care Supports, Recreation guide, Falls Prevention guide, and others. To view all the resource guides, click on “Local Resources for Older Adults” in the menu to the left of the homepage.

### **Finger Lakes Independence Center ([www.fliconline.org](http://www.fliconline.org))**

Accessibility consultations; adaptive equipment; consultations about vision, hearing and mobility impairment resources; support groups. On their home page, click on “Find Assistive Equipment” to explore options for trying to obtaining assistive devices and equipment.

### **Health in Aging ([www.healthinaging.org](http://www.healthinaging.org))**

HealthinAging.org was created by the American Geriatrics Society Foundation for Health in Aging (FHA), to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on caring for older adults, choose among 22 topics for information of interest to you.

### **Family Caregiver Alliance ([www.caregiver.org](http://www.caregiver.org))**

The Family Caregiver Alliance supports and assists caregivers of brain-impaired adults (such as persons with Alzheimer’s, Parkinson’s, or stroke) through education, research, services and advocacy. FCA provides on-line support group, caregiver consultations, information fact sheets, and a newsletter. Excellent publications for all caregivers.

### **Medicare ([www.medicare.gov](http://www.medicare.gov))**

Medicare information, nursing homes ratings, and much more. Make sure you pay a visit and bookmark it for future reference.