

**Specialized Health Programs  
for Seniors  
In Tompkins County**

**Tompkins County Office for the Aging**  
320 North Tioga Street  
Ithaca, New York 14850  
607-274-5482

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## **INFORMATION ABOUT AVAILABILITY OF MEDICAL AND HEALTH CARE**

### **Medical Society of Tompkins County**

#### **Physician Referral Service**

#### **Cayuga Medical Center at Ithaca**

**101 Harris B. Dates Drive, Ithaca . . . . . 274-4600**

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

Provides assistance in locating appropriate doctors for primary and speciality care.

### **Caregivers' Resource Center & Alzheimer's Unit**

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

**320 North Tioga Street, Ithaca . . . . . 274-5492**

**[www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)**

The Center maintains a lending and reference library on medical conditions which affect older people or developmentally disabled adults, with an emphasis on caregiving. Counseling provided on determining and accessing appropriate health care.

### **Mental Health Association in Tompkins County**

**518 West State Street, Ithaca . . . . . 273-9250**

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

The Association gives information about therapists, support groups, and local mental health agencies, and maintains a library on mental health topics. Provides advocacy and family support services, as well as education and respite for caregivers of children.

## **Hospital**

### **Convenient Care Center**

**10 Arrowwood Drive, Ithaca . . . . . 274-4150**

**[www.cayugamed.org/services/covenientcare.cfm](http://www.cayugamed.org/services/covenientcare.cfm)**

Located on Warren Road, near BOCES, this branch of the Cayuga Medical Center at Ithaca offers non-emergency walk-in medical services. Also provides outpatients services, including mammograph,

X-ray, Dexas scans, veteran’s clinic, laboratory, physical therapy, and more.

**Cayuga Medical Center at Ithaca**  
**101 Harris B. Dates Drive, Ithaca. . . . . 274-4011**  
**[www.cayugamed.org](http://www.cayugamed.org)**

The Center provides general medical care including inpatient, outpatient, and emergency medical services; comprehensive diagnostic services; full surgical programs; health education an support programs; diabetes education; Smoke Stoppers, Stress Management and a medically managed weight loss program; the Rehabilitation Department offers physical, occupational and speech therapy, a supervised exercise program, and sports medicine.

### **Aging Issues**

**Tompkins County Office for the Aging**  
**320 North Tioga Street, Ithaca . . . . . 274-5482**  
**[www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)**

This agency provides a variety of services for county residents age 60 and over, including information, referral and counseling on benefits and services, Personal Emergency Response System to assure seniors, safety when alone, legal assistance in civil matters, support for family caregivers, referrals to weatherization, help with home repairs, health insurance counseling and long term care insurance counseling.

**Lifelong**  
**119 West Court Street, Ithaca . . . . .273-1511**  
**[www.tclifelong.org](http://www.tclifelong.org)**

Lifelong is a private not-for-profit organization committed to promoting wellness in later life through recreation, education, advocacy and volunteering for persons aged 50 and over. Since 1952 Lifelong has worked to promote wellness in later life by celebrating our rich cultural values and unique experiences by strengthening connection with others through community life.

## DISEASE-ORIENTED SERVICES

### Alcoholism/Drug Abuse

**Alcoholics Anonymous (AA) ..... 273-1541**  
**[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)**

AA is a fellowship of women and men who share their experiences, strength and hope with each other so that they may solve their common problems and help others to recover from alcoholism. Nationally, about 10% of their members are age 60+.

**Al Anon .....1-888-4AL-ANON**  
**[www.al-anon.alateen.org](http://www.al-anon.alateen.org)**

Al Anon is a self-help group for family and friends of alcoholics.

**Alcoholism & Drug Council of Tompkins County, Inc.**  
**201 East Green Street, Suite 500, Ithaca ..... 274-6288**  
**[www.alcholdrugcouncil.org](http://www.alcholdrugcouncil.org)**

This agency provides information and public education programs as well as evaluation, treatment and referral for persons with alcohol problems and/or their family members. Individual, group and family counseling is available.

**Cayuga Addition Recovery Services (CARS)**  
**Ithaca Outpatient Clinic**  
**334 West State Street, Ithaca .....273-5500**  
**[www.carsny.org](http://www.carsny.org)**

CARS provides individualized recovery plans, individual counseling, an older adult-specific treatment group and family support recovery group for individuals who meet the criteria for alcohol or drug dependency or abuse. Family members or caregivers also receive assistance in establishing an older adult in a caring and successful chemical abuse treatment environment.

**Narcotics Anonymous .....387-8292**  
**[www.na.org](http://www.na.org)**

Narcotics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problems and help others to recover from drug addiction.

Meeting times and information available from Alcoholism Council.

## **Alzheimer's Disease**

**Alzheimer's Support and Information  
Caregivers' Resource Center & Alzheimer's Unit  
Tompkins County Office for the Aging  
320 North Tioga Street, Ithaca ..... 274-5492  
[www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)**

The Caregivers' Resource Center & Alzheimer's Unit provides information, counseling, training, referrals, and maintains a lending library on all aspects of Alzheimer's Disease. The Center is open weekdays, 8:30 a.m.—4:30 p.m. The Center sponsors support groups including one for caregivers of persons with Alzheimer's Disease or dementia. The group currently meets on the 4th Tuesday of each month from 1-2:30 p.m.

**Alzheimer's Association of Central New York (Alzheimer's Disease and Related Disorders Association)  
441 West Kirkpatrick Street  
Syracuse, New York 13204 .....1-800-339-4177  
[www.alzcnny.org](http://www.alzcnny.org)**

Telephone information line offers information and support to families and patients with Alzheimer's disease and related disorders. Referrals are made to local resources in a 14 county area (including Tompkins County). Free written materials and videos are available from this chapter office. Services available include presentation to community groups, in-home training and support programs for family caregivers, and training for professional caregivers, police and fire departments.

**Alzheimer's Association National Office  
919 North Michigan Avenue  
Suite 100  
Chicago, Illinois 60611 .....1-800-621-0379  
[www.alz.org](http://www.alz.org)**

Provides written materials on Alzheimer's Disease. Other specialized services include referrals to local chapters and referrals to Alzheimer's Disease research centers and drug test sites. Up-to-date information is

also available on drug treatments and research.

**Alzheimer's Disease Education and Referral Center . . . . .1-800-438-4380**  
**[www.alzheimers.org](http://www.alzheimers.org)**

This service of the National Institute on Aging provides information and free publication on research, drug testing, diagnosis, services, etc. Information on conferences, videotapes, publications for seminars, etc.

**Alzheimer's Disease Assistance Center (ADAC)**  
**University Geriatricians**  
**90 Presidential Plaza, 2nd Floor**  
**Syracuse, New York 13202 . . . . .315-464-6100**  
**[www.upstate.edu/uh/geriatrics/adac.php](http://www.upstate.edu/uh/geriatrics/adac.php)**

The Center is equipped to diagnose dementias, to help in the management of difficult behavioral problems, to counsel families under stress and to provide education for family members of those diagnosed with Alzheimer's disease and other dementias. The Center works closely with physicians who make referrals and accepts self-referrals, those of family member and other health professionals.

**Elder Services Center**  
**Decker School of Nursing**  
**Binghamton University**  
**Binghamton, New York 13902-6000 . . . . .777-6636**  
**FAX 777-4440**  
**[www.binghamton.edu/dson/community/alzheimer.html](http://www.binghamton.edu/dson/community/alzheimer.html)**

Helps families, caregivers, and health professionals learn positive approaches to managing problems associated with Alzheimer's disease and related dementias. The goal is to preserve and enhance the function and quality of life, and maintain independence through medical care, counseling and education. Diagnoses individuals with memory disorders, evaluates for dementia and depression. Educates caregivers and professionals using current and innovative methods of intervention. Clinic is held at the Family Care Center in Johnson City. Initial assessment may be at home.

## Arthritis

**Arthritis Swim Program . . . . . 257-0101**  
**[www.ithacaymca.com](http://www.ithacaymca.com)**

This swim program run by the YMCA provides low-impact aerobics for arthritis sufferers. A fee is charged for non-members.

**Arthritis Foundation of Central New York**  
**The Thruway Office Building**  
**290 Elwood Davis Road**  
**Suite 225**  
**Liverpool, New York . . . . . 1-800-870-1771**  
**[www.arthritis.org](http://www.arthritis.org)**

Distributes information related to prevention and control of arthritis, gout, and rheumatoid diseases.

## Blindness

*(See Visual Impairments)*

## Breathing Problems

*(See Lung Diseases)*

## Cancer

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

Support Services for cancer patients including groups & resource center.

**AMC Cancer Information**  
**and Counseling Line . . . . . 1-800-525-3777**

Provides latest information on the causes of cancer, prevention, diagnosis and treatment.

**American Cancer Society (District Office)**

**21 Adams Street, Endicott , NY 13760 ..... 800-227-2345**

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

The Society provides information, referral and guidance to patients and their families. Services offered include patient transportation, public and professional education, and support groups for patients and for caregivers. A smoking cessation program is available. All services are free of charge.

Organizes “Look Good, Feel Better,” “Man to Man” prostate cancer support group, and “I Can Cope” programs.

**National Cancer Institute**

**Cancer Information Service ..... 1-800-4CANCER**

**[www.cancer.gov](http://www.cancer.gov)**

Answers cancer-related questions and sends free printed materials on all types of cancers and caregiving.

**Ithaca Breast Cancer Alliance (IBCA)**

**612 WState Street, Ithaca ..... 277-0960**

**[www.ibca.net](http://www.ibca.net)**

**1-800-905-7770**

The Ithaca Breast Cancer Alliance (IBCA) is a local service dedicated to providing support, information, and advocacy for seniors and others diagnosed with breast cancer or going through a breast cancer scare. Services include support groups, referral services, and information network of breast cancer survivors, a 24 hour hotline, and a comprehensive library on breast cancer and breast health. All services are free. The hot line is 277-9410. The office is open weekdays.

**Local Support Groups**

**“First Tuesdays”** - For men and women with any type of cancer. Meets the first Tuesday of each month from 4:30—6 p.m. in the Bonnie Howell Conference Room at Cayuga Medical Center in Ithaca. For information, 274-4060 or 277-0960.

**Man to Man Prostate Support Group**—Meets on the third Wednesday of each month at Lifelong, 119 West Court Street, Ithaca. Sponsored by the American Cancer Society. For information, 539-6871 or 800-725-3181.

**Advanced Breast Cancer Group**—Weekly group for women with advanced or metastatic breast cancer. Sponsored by the Ithaca Breast Cancer Alliance. For information, 277-0960.

### **Caregiving Issues**

*(Also See Resources for Caregivers Booklet)*

#### **Caregivers' Support Group**

#### **Caregivers' Resource Center & Alzheimer's Unit**

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

**320 North Tioga Street, Ithaca ..... 274-5492**

Provides information and support to individuals caring for an aging or developmentally disabled relative or friend, near or far, or caring for an older adult inside or outside their home. The goal of the center is to help caregivers provide quality to older or developmentally disabled persons while also maintaining the quality of their own lives and the lives of their other family members. Services provided include information and referral to local resources and services, caregiver training programs, caregivers' newsletter and other publications, and individual counseling. Books and videos are available for free loan. Brochures available free of charge. The Center also provides support groups which meet monthly. Currently there are three groups meeting. Call David Stoyell for more information.

#### **Caregiver Counselor/Respite**

#### **Family & Children's Service**

**530 West State Street, Ithaca .....277-8081**

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

Provides in-home counseling to caregivers. No fee but donations are encouraged.

**Project CARE**

**Tompkins County Office for the Aging**

**320 North Tioga Street, Ithaca ..... 274-5491**

**[www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)**

This program matches volunteers with frail, elderly citizens for the purpose of providing companionship, assistance with household chores, errands or light yard work. Project CARE also provides volunteer respite for stressed caregivers. For those who require some medical assistance, there is skilled respite available on a limited basis.

**Deafness**

*(See Hearing Impairments)*

**Death & Dying/Bereavement/Widows**

**Bereavement Support Group**

**Hospicare & Palliative Care Services**

**172 East King Road, Ithaca .....277-0212**

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

This group provides mutual support through sharing concerns, experiences, and feelings around the death of a loved one. Members help each other with the changes that occur throughout the grieving process. Bereavement education meetings and on-going bereavement groups are also available. Call for more information.

**After Suicide Support Group ..... 272-1505**

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

This group offers support to children and adults who have lost a loved one or friend to suicide. The loss does not have to be recent. The group meets regularly and may be reached through Suicide Prevention and Crisis Service's business office. There is no charge.

**Women's Opportunity Center**

**315 North Tioga Street, Ithaca ..... 272-1520**

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

The Center offers women who are divorced, separated, widowed, in transition and/or single parents an opportunity to give each other emotional and practical support. The main focus of the center is to

help women become economically self-sufficient. The center provides help with resumes, cover letters, and general employment assistance.

**Hospicare & Palliative Care Service**  
**172 East King Road, Ithaca . . . . .272-0212**

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

Hospicare is a program of comprehensive health care for people with life threatening illnesses and their families. The program includes expert pain & symptom management, bereavement services, emotional, psychological and spiritual support to the patient and to family members, respite services, financial and legal counseling, and provision of medical supplies, drugs and equipment. Speakers and educational materials available upon request.

**National Hospicare and Palliative Care**  
**Organization Helpline . . . . . 1-800-658-8898**

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

Provides information on hospice and hospice programs across the U.S.

## **Diabetes**

**American Diabetes Association**  
**Upstate New York Regional Office . . . . . 1-315-438-8687**  
**[www.diabetes.org](http://www.diabetes.org)**

This chapter office provides educational literature and information on diabetes.

**Cayuga Medical Center at Ithaca**  
**401 Dates Drive, Ithaca . . . . . 252-3590**

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

Cayuga Medical Center offers Diabetes Education classes at The Cayuga Center for Healthy Living. This is an American Diabetes Association recognized diabetes self-management training program that consists of a series of three 2-hour sessions.

Instructors include certified diabetes educators, a registered pharmacist, and a registered dietitian. Classes provide a comprehensive overview of diabetes, and topics include types of diabetes, complications, exercise, monitoring, medications, and nutrition. There is a fee.

### **Disabilities**

*(See Physical Impairments or  
Mental Retardation/Developmental Disabilities)*

### **Health Care At Home**

*(See Long Term Support Services Booklet)*

### **Heart Disease/Stroke**

#### **Center for Life Skills**

**Catherine Gooch, M.S. Ed., CTRS**

**Program Manager**

**Ithaca College Center for Life Skills at Longview**

**1 Bella Vista Drive**

**Ithaca, NY 14850 ..... 375-6312**

**[www.ithaca.edu/hshp/clinics/lifeskills](http://www.ithaca.edu/hshp/clinics/lifeskills)**

The Center for Life Skills is staffed by Ithaca College faculty and students from the School of Health Sciences and Human Performance. Faculty and students from the department of Occupational Therapy, Physical Therapy, Speech-Language Pathology and Therapeutic Recreation provide programs tailored to meet the individual needs of elderly participants who have experienced either a stroke or some other type of brain injury.

#### **National Stroke Association**

**9707 East Easter Lane**

**Englewood, Colorado 80112 ..... -800-787-6537**

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

This group provides free information, referrals to local support groups throughout the country, and sells books and pamphlets.

**National Institute of Neurological Disorders and Stroke**  
**For Information:**  
**BRAIN (Brain Resources and Information Network)**  
**PO Box 5801**  
**Bethesda, Maryland 20824 . . . . .301-496-5751 or 1-800-352-9424**  
Information on strokes and other neurological disorders.

**American Heart Association . . . . .1-800-242-8721**  
**[www.americanheart.org](http://www.americanheart.org)**

This chapter office teaches preventative actions against heart disease and stroke, and information about their five risk factors: nutrition, family history, smoking, exercise, and high blood pressure. Through the community, schools, workplace, and health sites, the Association strives to reduce the deaths and disabilities caused by the nation's number one killer.

**Health Promotion Program**  
**401 Harris B. Dates Drive, Ithaca . . . . .274-6710**  
**[www.tompkins-co.org/health](http://www.tompkins-co.org/health)**

This program provides education and support to community organizations to provide behaviors and actions conducive to a healthy lifestyle. They also do community presentations.

## **Mental Health Programs**

**Mental Health Emergencies**  
**[www.tompkins-co.org/departments](http://www.tompkins-co.org/departments)**

Call the Mental Health Clinic at 274-6230 during normal working hours or Cayuga Medical Center at Ithaca Emergency Room 274-4411. For emergencies on nights, weekends and holidays call the Cayuga Medical Center at Ithaca Emergency Room at 274-4411 or Suicide prevention and Crisis Services at 272-1616. Both of these services can connect you with a professional mental health counselor who is on call.

**Suicide Prevention and Crisis Service . . . . . 272-1616**  
**[www.suicidepreventionandcrisisservice.org](http://www.suicidepreventionandcrisisservice.org)**

Depression can be a significant problem for elderly people and their caregivers. Older people are at greatest risk of suicide in this country. This 24-hour hotline welcomes calls at any hour of the day or night. Counselors are well trained to help assess the level of crisis or depression, and steer people toward other available support. Besides the 24-hour hotline, Suicide Prevention and Crisis Service also offers community education and bereavement services, including an after-suicide group for those who have lost someone to suicide.

**Tompkins County Mental Health Clinic**  
**201 East Green Street, Ithaca . . . . . 274-6200**  
**[www.co.tompkins-co.org/departments](http://www.co.tompkins-co.org/departments)**

Psychiatrists, psychologists, social workers and nurses are available during normal business hours to help you with any of your concerns. The Clinic will accept calls directly from individuals or referrals from family, friends and personal physicians. The Clinic also provides evaluations and counseling services in the home for older homebound clients.

**Tompkins County Department of Mental Health Services**  
**201 East Green Street, Ithaca . . . . . 274-6200**  
**[www.co.tompkins-co.org/departments](http://www.co.tompkins-co.org/departments)**

The Department operates the Mental Health Clinic as well as the Skylight Club, which provides a continuing treatment program and case management. It supports other mental health services through a series of contracts with other organizations. It is responsible for planning with staff from Broome Developmental Center and local agencies for appropriate living arrangements and services for patients leaving institutional care.

**Mental Health Association in Tompkins County**  
**518 West State Street, Ithaca .....273-9250**  
**[www.mhaedu.org](http://www.mhaedu.org)**

The Association is a private non-profit organization that acts as an advocate for enhancing mental health services. It promotes mental health in the community through informational seminars and speakers to concerned groups. It gives information about therapists, support groups, and local mental health agencies, and maintains a library on mental health topics.

**Finger Lakes Alliance for the Mentally Ill**  
**104 East Lewis Street, Ithaca .....273-2462**  
**[www.namifingerlakes.org](http://www.namifingerlakes.org)**

This is a self-help, support, and advocacy organization dedicated to improving the lives of people with severe, biologically-based brain diseases. This group provides education, advocacy, a support group, and written information including pamphlets, books and brochures to family and friends of those with severe brain diseases

## **Mental Retardation/Developmental Disabilities**

**New York State Developmental Disabilities Services**  
**1257 Trumansburg Road, Ithaca ..... 273-0811**  
**[www.omr.state.ny.us](http://www.omr.state.ny.us)**

This agency offers programs for people of all ages who have developmental disabilities. Services include day treatment for adults, community case management, foster family care, group home care and respite care.

**Caregivers' Resource Center & Alzheimer's Unit**  
**Tompkins County Office for the Aging**  
**320 North Tioga Street, Ithaca ..... 274-5491**  
**[www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)**

The Center provides support to those people caring for a developmentally disabled adult of any age. See listing under **Caregiving Issues**.

**Ithaca Youth Bureau**

**Recreation Mainstreaming . . . . . 273-8364**

Recreation Mainstreaming, a division of the Ithaca Youth Bureau has been providing recreation opportunities for individuals with disabilities since 1977. A wide variety of activities are offered including but not limited to wellness, choir, crafts, dancing and outdoor activities. Prior registration is required. Contact Joanie Groome for more information.

**Service Coordination**

Service Coordinators can help individuals to access necessary services, develop an individual service plan, manage resources, and coordinate and monitor quality of service providers. Agencies that can provide case management services to adults with developmental disabilities are:

Challenge Industries	272-8990
Dept. of Social Services-Protective Services	274-5323
Developmental Disabilities Services	273-0811
Unity House	272-1741
Franziska Racker Centers	277-8020

**Multiple Sclerosis**

**National Multiple Sclerosis Society**

**Upstate NY Chapter . . . . . 1-800-624-8236**

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

Provides free written information on all aspects of Multiple Sclerosis, referral, and educational programs.

**Parkinson’s Disease**

**American Parkinson Disease Association . . . . . 1-800-233-2732**

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

Will send informational pamphlet series on Parkinson’s disease.

**National Parkinson Foundation . . . . . 1-800-327-4545**  
**www.parkinson.org**

Publishes The Parkinson Report quarterly. Will send informational pamphlets.

**Parkinson's Support Group**  
**Caregivers' Resource Center**  
**Tompkins County Office for the Aging**  
**320 North Tioga Street, Ithaca . . . . . 274-5492**  
**www.tompkins-co.org/cofa**

The Center sponsors the Parkinson's Support Group in cooperation with Cornell Cooperative Extension of Tompkins County on the 3rd Wednesday of each month. Meetings are held at the Cooperative Extension Education Center, 615 Willow Avenue, Ithaca. Open to Parkinsonians and their caregivers.

**Speech Impairments**  
*(See Hearing Loss)*

**Stroke**  
*(See Heart Disease)*

**HEARING LOSS/SPEECH IMPAIRMENTS**

If you have trouble hearing certain sounds or distinguishing words, your first step is to see your doctor. He or she can examine your ears to see if a treatable condition is affecting your hearing. Your doctor can remove ear wax, prescribe medications for infections, or refer you to an ear-nose-and-throat doctor (Otolaryngologist).

Your second step is to see a clinical audiologist, a non-medical rehabilitation professional. An audiologist can conduct tests necessary to diagnose and prescribe hearing aids, and can fit clients with the most appropriate hearing aid model.

Hearing aid dealers have limited training in problems of the ear, and should not be relied on for testing and diagnosis for hearing problems.

**Franziska Racker Centers Audiology Clinic**

**1001 West Seneca Street**

**Signworks Building, Ithaca ..... 277-8020**

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

Hearing loss or interruptions does not only affect the aging. The audiology clinic offers comprehensive professional services to all ages including evaluation, testing, hearing aid sales, and cleaning and repairs. Hearing aid purchases include an optional service to provide your batteries, cleaning and adjustment as needed. Dr. Monica Brace, AuD, FAA, is a New York Licensed Audiologist and Hearing Aid Dispenser, and is a Fellow of the American Academy of Audiology.

**Sir Alexander Ewing Ithaca College Speech and Hearing Clinic**

**Ithaca College, Smiddy Hall, Ithaca ..... 274-3714**

**[www.ithaca.edu/hshp/clinics/speechhearingclinic](http://www.ithaca.edu/hshp/clinics/speechhearingclinic)**

This is a clinic for diagnosis and treatment of speech, language, and hearing impairment problems. It is a service clinic that provides rehabilitative therapy programs. Referrals to local doctors are made when necessary. There is a sliding fee scale.

**Finger Lakes Independence Center**

**215 Fifth Street, Ithaca ..... 272-2433 (VOICE/TTY)**

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

Provides information, referral and advocacy on hearing loss and deafness. Loans of decoders, pocket talkers, TDD/TTY's, phone amplifiers, books and video tapes on hearing impairments and deafness. Assistance in locating appropriate professionals for hearing evaluation. Language classes offered.

**American Speech-Language-Hearing Association. 1-800-638-8255**

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

This national organization will send free informational packets concerning communication disorders, communication skills following a stroke, and hearing aid information. Provides referrals to speech pathologists and audiologists across the country.

**Better Hearing Institute . . . . .1-800-327-9355**  
**[www.betterhearing.org](http://www.betterhearing.org)**

Provides written information on hearing loss, hearing aids, devices and surgery. Consumer information on voice problems.

**International Hearing Society . . . . .1-800-521-5247**  
**[www.ihinfo.org](http://www.ihinfo.org)**

Provides consumer kit to first-time hearing aid buyers. Information on tinnitus (ringing in ears), referrals to hearing instrument specialists and support groups.

**Hear Now**

**National Hearing Aid Bank . . . . .1-800-648-HEAR**  
**[www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)**

Provides financial assistance to low-income people in need of hearing aids. Call for application and more information.

## **VISUAL IMPAIRMENTS/BLINDNESS**

**Finger Lakes Independence Center**  
**215 Fifth Street, Ithaca . . . . .272-2433 (VOICE/TTY)**  
**[www.fliconline.org](http://www.fliconline.org)**

Provides information, referral, advocacy and peer counseling for anyone who is visually impaired or blind. Information on visual aids, equipment, and new technologies. Short-term loans of games, Braille machines, electronic magnifying devices, talking book machines, etc with a refundable deposit and free service for bi-weekly tapes of the *Ithaca Journal*.

**Association for Vision Rehabilitation and Employment (AVRE)**  
**174 Court Street**  
**Binghamton, New York 13901 . . . . . 724-2428**  
**[www.avreus.org](http://www.avreus.org)**

The AVRE is a private organization which provides service to the legally blind of all ages: counseling to adjust to loss of vision, social casework to link the individual to other services, independent living skills training, cane travel instruction, vocational counseling, sheltered

employment and training through a workshop program, volunteer services and visual screenings at local sites. Home visits available. There is no fee for the above services.

**NY State Commission for the Blind and Visually Handicapped**  
**Department of Social Services**  
**333 E. Washington Street**  
**Syracuse, New York 13202 . . . . . 315-428-4147 or 607-721-8292**  
**[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)**

The Commission offers home teaching services which include mobility instruction (ranging from how to get around without hurting oneself to independent travel with a cane), self-care, homemaking, communication skills, vocational training, counseling and guidance to legally blind residents of New York State. No fee is charged.

**New York State Office of Vocational & Educational Services for Individuals with Disabilities (VESID)**  
**244 West Water Street**  
**Elmira, New York 14901 . . . . . 1-800-888-5020**  
**(See page 23) [www.vesid.nysed.gov](http://www.vesid.nysed.gov)**

**Eye Care America . . . . . 1-800-222-EYES**  
**[www.eyecareamerica.org](http://www.eyecareamerica.org)**

This program is designed to bring needed medical eye care to disadvantaged elderly. It provides access to an eye physician for U.S. citizens and legal residents 65 and over without access to an ophthalmologist they have seen in the past. This program deals with medical eye diseases, not with providing eye glasses. Medicare assignment and insurance coverage are accepted as payment in full. For the truly needy with no Medicare coverage, care is offered without charge. Information on eye disease affecting the elderly is sent to all interested callers.

**Tompkins County Public Library**  
**101 East Green Street, Ithaca . . . . . 272-4557**  
**[www.tcpl.org](http://www.tcpl.org)**

Fiction and non-fiction books printed in large type are on open shelves. Unabridged books are available on cassettes. Reference materials include books on where to buy visual aids.

**Finger Lakes Library System**  
**101 East Green Street, Ithaca . . . . . 273-4074**  
**[www.fls.org](http://www.fls.org)**

The following materials and equipment are available through local public libraries: books by mail for homebound (55 years and older, disabled, or isolated, etc.), books on tape and videos. Books are available in large print or regular print. Application for the Talking Book and Braille Library are also available.

**New York State Library for the Blind and Visually Handicapped Cultural Education Center**  
**Albany, New York 12230 . . . . . 1-800-342-3688**  
**[www.nvsl.nysed.gov](http://www.nvsl.nysed.gov)**

Free talking books on disc or cassette, disc and cassette machines, braille books, magazines on tape, music, and accessories are available by mail, postage-free. Call for application.

**Telephone Access . . . . . 1-800-555-5000**  
Free dialing assistance and exemption from directory assistance charges can be obtained from the Verizon Phone Company for visually or physically handicapped persons. Call the above number to arrange for this service.

**American Foundation for the Blind . . . . . 1-800-AF-BLIND**  
**[www.afb.org](http://www.afb.org)**  
Offers information and referral services.

**Prevent Blindness America . . . . . 1-800-221-3004**  
**[www.preventblindnessamerica.org](http://www.preventblindnessamerica.org)**  
Prevent Blindness America provides public and professional education, advocacy, certified vision screenings, community and patient

service programs and research. Together with a network of affiliates, divisions and chapters, it's committed to eliminating preventable blindness in America.

## **PHYSICAL IMPAIRMENTS/DISABILITIES**

### **Agencies**

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

**215 Fifth Street**

**Ithaca, New York 14850 . . . . . 272-2433 (VOICE/TTY)**

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

The Center provides services for people with disabilities and their families. Services include accessibility consultation; equipment maintenance and repair; information and referral; advocacy; housing assistance; lists of readers, attendants, and interpreter referrals; living skills instruction; peer counseling and education; and sign language classes. Also offers a free loan closet with a refundable deposit (see equipment loan/purchase section).

#### **New York State Office of Vocational & Educational Services for Individuals with Disabilities (VESID)**

**244 West Water Street**

**Elmira, New York 14901 . . . . . 1-800-888-5020 or 734-5294**

**[www.vesid.nysed.gov](http://www.vesid.nysed.gov)**

**Counselors will make appointments with clients in Ithaca.** Although VESID has primarily worked with people who need vocational rehabilitation, they also provide services to those with a goal of home-making. If an older person has a disability which makes it difficult to continue caring for him/herself at home, VESID can provide financial help with hearing aids, assistive devices for people with low vision, ramps, minor home remodeling to help with accessibility, etc. Financial need must also be demonstrated. Method of contact is by orientation group.

**Project Link**  
**Center for Assistive Technology**  
**515 Kimball Tower**  
**University at Buffalo**  
**3435 Main Street**  
**Buffalo, New York 14212-9980 .....1-800-628-2281**  
**cat.buffalo.edu**

A free information service helps people learn about assistive products and where to get them.

### **Equipment Loan/Purchase:**

**Dryden Veterans' Memorial Home**  
**2272 Dryden Road (Rt. 13)**  
**Dryden, New York 13053 ..... 844-9900**  
Loan closet includes bathroom safety equipment, canes, crutches, wheelchairs, beds, etc.

**Finger Lakes Independence Center**  
**215 Fifth Street**  
**Ithaca .....272-2433**  
**www.fliconline.org**

A short-term loan closet for wheelchairs, canes, walkers, portable ramps, TDD, closed caption decoders, phone amplifiers, Braille machines, electronic magnifying device, bathroom safety equipment, etc. with a refundable deposit

**Groton American Legion**  
**307 Main Street,**  
**Groton, New York 13073 .....898-3837**  
Loan closet includes canes, crutches, wheelchairs, beds, some bathroom safety equipment.

**Trumansburg American Legion**  
**4431 Seneca Road**  
**Trumansburg, New York 14886..... 387-4212**  
Loan closet for wheelchairs, crutches, canes, walkers, and commodes.

**Equipment Loan Fund for the Disabled**  
**Office of Children’s and Family Services**  
**52 Washington Street**  
**Rensselaer, New York 12144 .....518-474-0197**  
Low interest loans available to disabled New York State residents to purchase equipment to assist daily living. Wheelchairs, ramps, van lifts, TDD’s, prostheses, etc. Amounts available range from \$500 to \$4,000. Interest charged at 4%. The repayment period is 2 - 8 years, depending on the loan amount, at the discretion of the borrower.

**TRAID-IN .....1/800-522-4369**  
**[www.cqcapd.state.ny.us](http://www.cqcapd.state.ny.us)**

The TR Aid-IN Equipment Exchange Service is a free statewide service which connects individuals with disabilities, searching for an affordable means to acquire needed devices, with people who have devices they wish to see or donate.

### **Parking Permits:**

Parking Permits for individuals with temporary or permanent disabilities are issued through your local city, town, or village clerk’s office (e.g., if you live in the City of Ithaca, you obtain the permit from the City Clerk’s office, 108 E. Green St., Ithaca). The Department of Motor Vehicles (DMV) does **NOT** issue these permits.

To obtain a permit you must complete Part I of the application and have your physician, podiatrist, or nurse practitioner complete Part II, the medical certification.

For further information regarding these permits, if you live in the City of Ithaca, please contact the **City Clerk's Office** (274-6570). If you live elsewhere, contact the town or village clerk of your local jurisdiction.

The permit form is available online at <http://www.nydmv.state.ny.us/forms/mv6641-mv6643.pdf> and on the websites of many cities, town and villages.

**Department of Motor Vehicles**  
**301 3rd Street**  
**Ithaca, NY . . . . .273-7187**  
**[www.tompkins-co.org/cclerk](http://www.tompkins-co.org/cclerk)**

Permanently disabled individuals can obtain license plates marked with the "handicapped" sign for one-time charge of \$18. The disabled person needs to be the car registrant. A MV664.1 form needs to be filled in by your doctor and your old plates must accompany your application.

## **. INFORMATION ON OTHER DISEASES**

**Amyotrophic Lateral Sclerosis**  
Association (Lou Gehrig's Disease") . . . . .1-800-782-4747  
Upstate NY Support Group . . . . .581-525-1629  
Upstate Chapter . . . . . 1-866-499-7257  
**[www.alsa.org](http://www.alsa.org)**

**Brain Injury Disease . . . . . 1-800-444-6443**  
**[www.tbirecovery.org](http://www.tbirecovery.org)**

**Epilepsy Foundation of America . . . . .1-800-332-1000**  
**[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)**

**Huntington's Disease Society . . . . . 1-800-345-4372**  
**[www.hdsa.org](http://www.hdsa.org)**

- Crohn's and Colitis** Foundation of America . . . . . 1-800-343-3637  
[www.ccfa.org](http://www.ccfa.org)
- Simon Foundation for Confidence (for **Incontinence**  
 Problems) . . . . . 1-800-237-4666  
[www.simonfoundation.org](http://www.simonfoundation.org)
- National **Kidney** Foundation . . . . . 1-800-622-9010  
[www.kidney.org](http://www.kidney.org)
- American **Liver** Foundation . . . . . 1-800-223-0179  
[www.liverfoundation.org](http://www.liverfoundation.org)
- Lupus** Foundation . . . . . 1-800-558-0121  
[www.lupus.org](http://www.lupus.org)
- Muscular Dystrophy** Association (Binghamton) . . . . . 723-7431  
[www.mdusa.org](http://www.mdusa.org)
- Myasthenia Gravis** Foundation . . . . . 1-800-541-5454  
[www.myasthenia.org](http://www.myasthenia.org)
- United **Ostomy** Association . . . . . 1-800-826-0826  
[www.ubaa.org](http://www.ubaa.org)
- National **Rehabilitation** Information Center . . . . . 1-800-346-2742  
[www.naric.com](http://www.naric.com)