

Long Term Support Services 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.tompkins-co.org/cofa

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INTRODUCTION

This booklet provides helpful information on the wide variety of long term support services offered to seniors in Tompkins County. These support services and living arrangements comprise the long term care network that enables seniors to live safely and comfortably throughout their lives.

In general, these services are either in-home or residential. It is important to investigate and discuss options with family and friends in order to make the best choices.

Both public and private agencies provide medical and social assistance. Seniors may only require services such as home delivered meals or they may need the complete medical and therapeutic services of a long term care facility. All the housing arrangements described in this booklet are licensed to provide service.



A companion booklet called *Housing for Seniors In Tompkins County* describes in more detail the various housing options provided in Tompkins County. Another booklet, titled *Resources for Caregivers in Tompkins County*, gives more detailed information about services to support caregivers. These booklets are available at the Tompkins County Office for the Aging along with other booklets in this series listed on the inside front cover.

IN-HOME ASSISTANCE

Public Programs Providing Assessment and In-Home Care Services

NY Connects (Tompkins County) is the “point of entry” for long term care services in Tompkins County. NY Connects provides information, referral, assessment and case management at no cost to Tompkins County residents with long term care needs. LTCS also administers publicly-funded in-home care services:

- 1. *Assessment*** - Any Tompkins County resident can request a home assessment to help them determine their care needs. NY Connects also conducts the state Patient Review Instrument (PRI) assessment required before nursing home admission.
- 2. *EISEP*** (Expanded In-home Services for the Elderly Program) provides non-medical, in-home services and case management for people 60 and over who can be cared for safely at home. Home care services include 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 case management.
- 3. *Medicaid Home Care*** provides a variety of home care services to Medicaid clients. Medical need must be documented by a physician. Caseworkers and nurses, under a doctor’s order, jointly coordinate personal care services to people who receive Medicaid. Services are provided without regard to age.

The ***Consumer Directed Personal Assistance Program (CDPAP)*** provides the same services as a personal care aide in the Medicaid program, however, the consumer is responsible for hiring, scheduling and designing the care plan.

NY Connects (Tompkins County Long Term Care Services)
Tompkins County Department of Social Services
320 W. Martin Luther King Jr./State Street, Ithaca NY 274-5222

Nursing Home Alternatives for Medicaid Recipients

Existing Medicaid services and other supports may not be sufficient or the most efficient to meet some needs of individuals to remain in the community. The following two “Medicaid Waiver” programs may be able to provide additional needed services to some who would otherwise need nursing home level care and prefer to continue to receive care in community settings.

Additional Eligibility Criteria include:

1. **Financial** - must not exceed the same income and asset limits for Medicaid payment of nursing home care.
2. **Safe Care Plan**-a home visit by a nurse or social worker will determine whether a “waivered service” is necessary and whether adequate care can safely be provided by informal supports, non-Medicaid supports, and Medicaid services.

Long Term Home Health Care Program (LTHHCP)

The LTHHCP provides nursing, medical, social services, home care aides, nutrition, medical supplies and equipment, and all other therapeutic and related services.

Visiting Nurse Service of Ithaca and Tompkins County, Inc.

138 Cecil A. Malone Drive

Ithaca NY 14850

273-0466

Website: www.vnsithaca.org

Nursing Home Transition and Diversion Medicaid Waiver

NHTD waiver services include assistive technology, assistance in cost of moving back into the community from a nursing home, home modifications, home visits by physician, independent living skills training, respiratory therapy, relief for non-paid primary caregivers in a 24-hour block of time and several other services.

Binghamton-Southern Tier NHTD

(607) 724-2111

www.stic-cil.org/services/nhtdbing.html

[Note: You can discuss the appropriateness of either of these programs with the staff at Tompkins Care Connection (see page 5) or you can directly call the agencies who administer the programs.]

Home Care Employment Registry

“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 their references are checked. People hired for in-home care are employees of the household. The Registry may suggest an average wage, but work arrangements and fees must be worked out between the family and the worker. The Registry lists jobs for personal care aides, cleaning personnel, companions, homemakers and nurses. Wages for housekeeping and companions tend to be in the \$10 to \$15 range. Wages for hands-on personal care and home health care range from \$12 to \$17 or more per hour often depending on the amount and intensity of personal care involved. Those with nursing credentials (LPN, RN) may charge more (perhaps up to \$25 per hour). However agreed-upon wages can vary widely.

There is no fee for the matching service but contributions are welcomed.

Cheryl Baker
The Registry
Finger Lakes Independence Center
215 Fifth St.
Ithaca NY 14850
Website: www.fliconline.org

272-2433

Home Care and Home Health Care Agencies

Home Care and Home Health Care Services are offered by the agencies listed in the following pages. Services may also be privately arranged. 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:

Registered Nurse (RN) Licensed by the State of New York to do specific medical care.

Licensed Practical Nurse (LPN) Licensed by the State of New York to do a lower level of medical care.

Home Health Aide (HHA) - Trained to provide medical-related services and personal care such as bathing/dressing.

Personal Care Aide (PCA) - Provides personal care such as bathing, grooming assistance, and meal preparation.

Homemaker/Companion - Assists with home management activities such as meal preparation, housekeeping, shopping, companion visits or escorting, running errands, etc.



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. When a family makes an employment agreement directly with the caregiver, its members assume these responsibilities.

Payment is made by the family, a third party such as Medicaid, Medicare, or an insurance company.

Licensed Home Care Agencies

CareGivers

CareGivers is a State Licensed Home Health Care Agency. CareGivers provides Nurses, Home Health Aides, Personal Care Aides and Companion services, from 2 hours per day, once a week to 24 hours per day, 7 days a week. All services are supervised by a Registered Nurse, who does an initial patient assessment and ongoing evaluations at no additional charge.

Home Care Rates:

Licensed Practical Nurse: \$40.00 per hour

Personal Care or Home Health Aide:

\$22.50- 2 hour minimum (or \$29 for 1 hour)

Companion/Housekeeping: \$20.00- 2 hour minimum

CareGivers

531 West State Street

Ithaca NY 14850

275-0238

Website: www.caregivershomecare.com

Classen Home Health Associates, Inc.

Classen Home Health is a home care agency offering 24 hour a day Home Health Aide services and providing assistance with personal care needs. They will also prepare meals, do laundry and perform light housekeeping. Also included in their services are routine visits by a registered nurse who will monitor health and perform blood pressure checks.

Home Care Rates:

Home Health Aide rate is \$23.00/hour. (3 hour minimum visit)

Home Care Wellness Program: \$49.50/day for 1-5 days a week, Monday thru Friday from 8:00 AM to 8:00 PM (includes 3 hours of companion-level care and monthly visit from registered nurse).

Classen Home Health Associates

Island Fitness Center

310 Taughannock Blvd, Suite 1B

Ithaca NY 14850

277-1342

Website: www.classenhomehealth.com

Community Health and Home Care, Inc.

Community Health and Home Care, Inc. (CHHC) provides home health aide and companion level aide service to those who need care in their residences. It is a not-for-profit licensed home care services agency that serves Tompkins County. CHHC is associated with the Visiting Nurse Service at the same address.

Home Care Rates:

Registered Nurse:	\$41.00/hour
Licensed Practical Nurse:	\$31.00/hour
Home Health aide:	\$24.00/hour
Personal Care Aide:	\$23.00/hr (\$32/hour for a 1 hour visit)
Personal Care Aide for 2 people:	\$25/hour
Companion level:	\$21/hour

Community Health and Home Care, Inc.
138 Cecil A. Malone Drive
Ithaca NY 14850

273-7780

Redmoon Caregivers and Consultants

Redmoon Caregivers and Consultants is a licensed, family-owned, home care agency. Provides home health aides, personal care aides, or companion service. Also provides nursing services for clients whose needs can not be met by Medicare-certified agencies.

Home Care Rates:

Registered Nurse only:	\$75.00/hr
Home Health Aide or Personal Care Aide:	\$25.50/hr
Companion:	\$25.50/hr

Redmoon
222 South Albany Street
Suite 1
Ithaca, NY 14850
Website: www.Redmooncaregivers.com

254-6090

StafKings Healthcare Systems

StafKings Healthcare Systems is a licensed home care agency offering a variety of nursing care services (RN and LPN), home health and personal care services. Home Infusion Services include pain management, nutritional supplements, antibiotic therapy, medication administration and AIDS Treatments

Home Care Rates:

Registered Nurse:	\$48.00/hour
Licensed Practical Nurse:	\$37.00/hour
Home Health Aide:	\$23/hour
Personal Care Aide:	\$22/hour

StafKings Healthcare Systems

224 South Fulton Street

Ithaca NY 14850

Website: www.nurseny.com

273-5335

Companion/Home Helper Services

The following agencies provide meal preparation, light house-keeping, laundry, medication reminders, running errands, driving clients to doctor visits, and companionship, and other services. These organizations do **not** provide “hands on” personal care or home health care service. Although these agencies are not required to be licensed by the NY State Health Department since they do not provide hands-on care, they all say that their aides are screened (background checks, references) and trained and that their agencies are insured and bonded.

Comfort Keepers

Companion/Home Helping Service Rate: \$21.00/hour with a
(minimum of 2 1/2 hour per visit)

Comfort Keepers
2359 N. Triphammer Rd.
Ithaca, NY 14850 272-0444
Web site: www.comfortkeepers.com

Home Instead Senior Care

Companion/Home Helper Rate (3 hour minimum): \$19.00/hour
12-hour Overnight or 24 hour Service/Supervision: \$17.00/hour

Home Instead Senior Care
2 South Street, Suite 404
Auburn, NY 13021 (315) 252-2354
Website: www.homeinstead.com/706

Medicare-certified Home Health Agencies

Note: The following agency is certified by Medicare to provide Medicare-paid home health care. Medicare only pays for home health care when the doctor prescribes what Medicare considers “skilled medical care” in the home such as physical therapy, speech therapy, or medical services provided by a nurse. The patient must be consider homebound by Medicare’s definition.

Visiting Nurse Service of Ithaca and Tompkins County

This not-for-profit home health agency provides medical therapies and long term care services in the home. It also operates the Medicaid “Long Term Home Health Care Program” (see p. 6.)

Services provided include:

Skilled Nursing	Medical Social Work
IV Therapy	Nutritional Therapy
Patient Education	Home Health Aide
Wound Care	Personal Care Aide
Respiratory Therapy	Physical Therapy
Occupational Therapy	Audiology
Tele-Health Monitoring Service	Speech Pathology

Reimbursement comes from Medicare, Medicaid, and health insurance companies if conditions for coverage are satisfied. Private duty care also available. A physician orders the care through this Agency. Services are available to Tompkins County residents 7 days a week, 24 hours per day. A registered nurse is available at all times for consultation.

Visiting Nurse Service of Ithaca and Tompkins County, Inc.

138 Cecil A. Malone Drive

Ithaca NY 14850

273-0466

Website: www.vnsithaca.org

Hospice Home Care and Residence

Hospicare and Palliative Care Services

Hospicare and Palliative Care Services is a program of comprehensive home care for terminally-ill patients and their families. The program includes home care 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. Bereavement services are open to the community.

The Hospicare Residence provides residential care for terminally ill patients and is located in the **Hospice Center** on a 12.5 acre site. It has six private rooms, a fully-equipped kitchen for individual meals, an adjacent private living and dining area, whirlpool tub and meditation room.

Hospicare and Palliative Care Services

172 East King Road

Ithaca NY 14850

Website: www.hospicare.org

272-0212

MEAL AND SHOPPING SERVICES

Congregate Meals Program (Foodnet)

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 is also provided. The sites for meals are conveniently located throughout the county, and are open to everyone over 60. Suggested contributions are \$3 per hot meal and \$4 for a sandwich and hot meal. Food stamps are also accepted. No one is denied a meal because of inability to make a contribution.

The dining room locations are:

Ithaca	Titus Towers	273-5297
Groton	Center Village Court	279-9145
Lansing	Woodsedge Apartments	279-9146
Trumansburg	First Baptist Church	387-3015

Meals on Wheels

Foodnet provides Meals on Wheels (home-delivered meals) to people in Tompkins County who are homebound and unable to prepare their own meals. A hot meal and optional sandwich meal are delivered five days a week, and frozen meals can be provided for the weekends. Nutrition education and counseling are available from the Registered Dietitian.

Eligibility

1. Senior Nutrition Program: Persons age 60 and over are eligible to receive meals on wheels if they are homebound and incapacitated due to accident, illness or frailty; lack adequate support of family friends or neighbors; and are unable to prepare meals because of any one of the following:

- Lack of facilities such as refrigeration, stove, etc.
- Inability to shop and cook for self

- Inability to safely prepare meals
- Lack of knowledge and skills

2. The spouse of the homebound person, regardless of age or condition, is eligible to receive meals on wheels when the provision of a meal to the spouse is in the best interest of the homebound person.

3. Non-elderly disabled individuals who reside in a non-institutional household with a person eligible to receive meals on wheels may also receive this service when the provision of the meal to the non-elderly disabled individual is in the best interest of the homebound elderly person.

Cost

Meals for eligible persons under items 1-3 above are partially funded by the Tompkins County Office for the Aging and the New York State Office for the Aging. Suggested contributions are \$3 per hot meal and \$4 for a sandwich and hot meal, but no one will be denied meals because of inability to pay. Food stamp vouchers may be used in lieu of a cash contribution.

4. **Foodnet Select:** Other persons under age 60 are eligible to receive meals on wheels under the criteria listed in #1 above provided they purchase the meals under the Foodnet Select program or arrange for a third party to pay for the meals on their behalf. Tompkins County and Foodnet established the **Foodnet Select** program with no state or federal funding in order to make Meals on Wheels available to more people and to help offset reductions in government grants. The **fee** is \$6 per hot meal, \$7 for a sandwich and hot meal. **Payment** for Foodnet Select meals must be made in advance unless special arrangements are made to bill a third party.

Stephen Griffin, Nutrition Program Director
Carolyn Arnold, Registered Dietitian
Foodnet
2422 North Triphammer Rd.
Ithaca NY 14850
Website: www.foodnet.org

266-9553

Food Shopping Services

The **Food Shopping Program of the Southside Community Center** grocery shopping is for senior citizens who live within the Northside and Southside neighborhoods of Ithaca and who are unable to shop for themselves.

Clients call in their orders to the Southside Community Center by Tuesday night and shopping is done on Thursdays and delivered to the client. Shopping and delivery are free so clients only pay for their food. Food stamps are accepted.

Food Shopping
Southside Community Center
305 South Plain Street
Ithaca NY 14850

273-4190

Other Food Shopping and Delivery Services

Call the *Tompkins County Office for the Aging* (274-5482) or *Long Term Care Services* (274-5278) to be put in touch with individuals willing to do grocery shopping and other delivery services for a fee.

CAREGIVER SUPPORT SERVICES

Caregivers' Resource Center and Alzheimer's Support Unit

The **Caregivers' Resource Center**, a service of the Tompkins County Office for the Aging, provides information and support to individuals concerned about or caring for an aging relative or friend, living nearby or at a distance. 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 is also involved in identifying caregiver needs in Tompkins County, and in planning and advocating for new services on a local and statewide level. Services offered include:

Information & Referral Counseling Newsletter
Lending Library Support Groups Training Workshops
Volunteer & Paid Respite *Powerful Tools for Caregivers* classes

Call for a free subscription to *In Support of Caregivers*, a quarterly newsletter with articles and announcements of interest to family caregivers.

Educational materials, periodic trainings, a support group, and other supports are available that are specifically geared for those caring for loved ones with Alzheimer's or other types of dementia.

The six-week series Referral is made to resources like the Alzheimer's Association, National Parkinson's Foundation, Commission for the Blind and Visually Handicapped and other health-related associations.

Caregivers' Resource Center
Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street
Ithaca NY 14850
Website: www.tompkins-co.org/cofa

274-5492

Caregiver Counseling

The Senior Services Program of Family and Children's Service offers 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. There is no charge for this service which is supported by United Way and Community Reinvestment Act funds. Contributions are requested to expand the service. (*See contact information below for the Respite Program.*)

In-Home Respite Care Options

The Respite Program of Family and Children's Service provides aides for homebound persons over the age of 60 as well as others with mental health issues. This grant-funded service is provided for an average of three hours per week per client and enables caregivers to take some "time-off" from the responsibilities of caring for a physically or emotionally dependent person. Respite services are usually offered between noon and 5 pm weekdays. There is no charge for this service. Contributions are accepted.

Senior Services

Family and Children's Service

127 West State Street

Ithaca NY 14850

273-7494 (Robert Levine)

Website: www.fcsith.org/Senior.php

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 25*). 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.tompkins-co.org/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 9-12*). You may also be able to hire someone privately through **The Registry**, a service of the Finger Lakes Independence Center (*see page 7*).

Out-of-Home Respite Care Services

Adult Homes

Short-term stays are allowed on a space-available basis at **Longview, 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 33-34). You may also want to look at places in nearby counties (e.g., Walden Place in Cortlandville, 756-8101, Ariel's in Candor, 659-3644). 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.

Overnight Respite with Nursing Care

Those whose needs exceed the adult home or enhanced assisted living level of care can consider two other options for overnight respite:

Cayuga Ridge Health and Rehabilitation Center 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 a few days before the date respite care is needed (*see pages 35-36*).

Assistance with Paying for Short-term Respite Care

The Office for the Aging, through the "Marilyn Efroymson Gazevitz Fund," helps stressed caregivers get a break from caregiving who could not otherwise afford to pay for substitute care. The fund is maintained through voluntary contributions. If you would like to contribute, or you need assistance in paying for substitute care, contact the Office for the Aging, 274-5492.

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. **Longview's Adult Day Community** is one possible solution. The daily \$38 fee includes personal supervision, recreational programs and medication management, as well as morning and afternoon snacks and a hot, nutritious lunch. For a brochure, or if your loved one needs to be part of **Longview's Adult Day Community**, contact:

Longview

1 Bella Vista Drive

Ithaca NY 14850

375-6320

Website: www.ithacarelongview.com

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, on-going, 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

Care Manage for All (Kim Evanoski)	280-1433
Website: www.caremanageforall.info	
Family and Children’s Service (Robert Levine)	273-7494
Website: www.fcsith.org/home.php	
Geriatric Care Management (Trudy Cedar)	279-8784
Website: www.cedargcm.com	
Personal Management System (Catherine Paddock)	844-8792

TRANSPORTATION

Visit the **Way2Go** website (www.ccetompkins.org/way2go) to explore alternative transportation options available in the county.

FISH Transportation Service

FISH volunteers provide essential transportation within Tompkins County for elderly, handicapped, or low-income individuals. This service is offered primarily for medically-related trips. You are asked to call 4 business days in advance to schedule transportation. There is no charge for this service. Donations are accepted.

FISH Transportation Service

c/o 211 Tompkins Cortland

Ithaca NY 14850

Call 211 or 1-877-211-8667

Website: www.fishoftc.org

Gadabout Transportation Service

Gadabout provides demand-response transportation in Tompkins County 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 \$2.00 one way outside of the city limits. Most of Gadabout's drivers are volunteers who have been trained and tested.

Gadabout

737 Willow Avenue

Ithaca NY 14850

273-1878

Website: www.tcatbus.com/adaparatransit.php

ADA Paratransit Service

The ADA Paratransit Service is specialized transportation geared to serve the needs of individuals who qualify under the Americans with Disabilities Act. Persons with disabilities which prevent them from riding a public bus are eligible. Prerequisites for qualifying include completion of an application from the ADA Paratransit Service, and one interview. Those who qualify will

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 the public bus service. For further information, or schedules, routes, and fares, contact:

TCAT (Jennifer Jennings)
Ithaca Tompkins Transit Center 277-9388, Ext. 420
Website: www.tcatbus.com/adaparatransit.php TDD 277-9677

Wheelchair Accessible Taxi

Service is available 6:00 AM-5:00 PM, Monday-Friday. Expanded days and hours of service are anticipated for the near future. 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

Airport Limousine Service

Senior Citizens can be picked up by the airport limousine from their homes and be taken roundtrip to doctor's appointments in downtown Syracuse at the Medicaid rate (currently \$85). The limousine stops at medical offices located in the downtown area and then goes on to the Syracuse airport to pick up clients there. It will not go out of the way to outlying areas of the city. Call the Office for the Aging ahead of time to make arrangements to receive the reduced rate (274-5482).

Airport Limousine Service
615 Five Mile Drive
Ithaca NY 14850 1-800-273-9197

Lansing Senior Van

The Lansing Senior Van is available for the transportation needs of all Lansing older adults on a first come, first served basis. Arrangements for the Senior Van may be made by calling the Volunteer Dispatcher. Call Monday-Friday 9 AM-5PM, preferably a week in advance. Donations are accepted, but not required.

Dispatcher: Barbara Bills 257-4496

ADDITIONAL LONG TERM CARE SERVICES

Project CARE

Project CARE, organized by the Tompkins County Office for the Aging, matches older people with volunteers and encourages regular visits. Project CARE volunteers also can provide a needed break from caregiving and other assistance to family caregivers. For the older adult, Project CARE offers companionship and a chance for sharing time and interests. Students from several area colleges as well as year-round members of the community often volunteer and look forward to this social connection.

Volunteers might also assist with errands, light housekeeping or yard work. In some instances, Project CARE volunteers free up a family caregiver who is having difficulty finding time to take a break or attend to other responsibilities. Typically volunteers visit about two hours a week. Individual arrangements may vary.

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street
Ithaca NY 14850 274-5491 (Trina Schickel)
Website: www.tompkins-co.org/cofa

Personal Emergency Response System (PERS)

The **Tompkins County Personal Emergency Response System** is a communication system which links an individual directly with the county's emergency medical response system. Pressing a button on the unit or on a bracelet or pendant worn around the neck automatically dials an emergency rescue dispatcher. The system tests itself every 24 hours and provides around-the-clock protection, even if the person is unable to use the telephone.

The Office for the Aging Outreach Worker will make a home visit to demonstrate the system and determine how and where the equipment should be installed. PERS units are rented on a sliding scale depending upon income. The Office for the Aging Outreach staff can also provide information on national personal emergency response systems that may meet the needs of some people.

Contact:

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State Street

Ithaca NY 14850

274-5482

Website: www.tompkins-co.org/cofa

Protective Services for Adults

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, and include prompt response and assessment and arranging or providing other services including social, medical, legal, mental health or in-home services. 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 confidential.

Tompkins County Dept. of Social Services

320 W. State Street

Ithaca NY 14850

274-5323

Assistive Equipment and Loan Closets

Finger Lakes Independence Center (FLIC)

215 Fifth St.

Ithaca, NY 14850

272-2433

Website: www.fliconline.org

The “Try It” Room at FLIC displays and loans a wide range of assistive equipment that can assist older adults. Equipment ranges from small items (kitchen aids, phone amplifiers, devices to assist in dressing, bathing, medications management, bathroom safety equipment, etc) to larger items (portable ramps, wheel-chairs, walkers, canes, braille machines, etc.) FLIC staff consult with persons with disabilities and their caregivers about accessibility issues, assistive equipment, ramp installation, and local resources to support people with vision, hearing, mobility and other physical limitations. FLIC also maintains a website guide to obtaining assistive equipment: www.fliconline.org/tryit

Trumansburg American Legion

4431 Seneca Road

Trumansburg, NY 14886

387-4212

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

Dryden Veterans' Memorial Home

2272 Dryden Rd. (Rt. 13)

Dryden, NY 13053

844-9900

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

Groton American Legion

307 Main St.

Groton, NY 13073

898-3837

Loan closet includes canes, crutches, wheelchairs, beds, some bathroom safety equipment.

Bill Payer Service

“**Check It!**” is a service provided by Lifelong to assist those who have difficulty with routine financial tasks such as payment of a bill, filing of insurance claim forms, bank account reconciliation, and general record keeping. A monthly fee of \$15 includes assistance with financial housekeeping, bill paying, insurance submissions and other paperwork. Contact:

Contact:

Lifelong

119 W. Court Street

273-1511

Ithaca, NY

Website: www.tclifelong.org

Assisted Moving Services

Help with a move or downsizing for retirement:

Clear the Way

(Linda Story) 592-0914

Website: www.cleartheway.com e-mail: info@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 Simple) 279-5126
Website: www.lizsimple.com e-mail: lizsimple@gmail.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 downsize: decide what to keep and what to get rid of, set up arrangements with moving company, determine what to do with possessions.

Chronic Disease Self-Management Program

Healthy and Active Living Workshops—A free six week program for people with an ongoing health condition (such as Arthritis, Cancer, Congestive heart failure, Depression, Fibromyalgia, Obesity, Asthma, COPD (chronic obstructive pulmonary disease), Diabetes, Heart disease, Parkinson's)

Diabetes Self-Management workshops— A free six week program for people with Type 2 or Type 1 Diabetes or Pre-Diabetes.

For either program, call 273-8686 or send an email to solmstead@hsctc.org to sign-up for upcoming sessions or find out more information about the workshops. You can also get more information online at www.hsctc.org (Type "*Healthy Living Workshops*" into the search window.).

Home Safety Assessment

Professional home safety and accessibility assessments can be provided to help you evaluate overall home safety and accessibility and provide a range of solutions to meet your specific needs.

Empowerment by Design Occupational Therapy

PO Box 506, Ithaca, NY 14851

Website: www.ebd-ot.com

351-1654

Home safety evaluations, accessibility products, universal design and remodeling services.

Rebecca Norman, OTR/L

Ithaca, NY 14850

Website: www.rebeccanormanotr.com

227-4421

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

Tompkins County Office for the Aging

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

Website: www.tompkins-co.org/cofa

274-5488

Call to schedule a free home safety assessment.

Home Repair and Modification

The Tompkins County Home Repair Program is a county-wide program providing minor home repairs, especially those related to health and safety, for seniors and persons with disabilities. The client provides materials; labor is furnished at no cost.

Better Housing

960 Danby Rd.

Ithaca NY 14850 (273-2187)

www.betterhousingtc.org

INHS (for City of Ithaca)

115 W. Clinton St

Ithaca, NY 14850 (277-4500)

www.ithacanhs.org

Small Home Repair Program is designed to assist low-income senior citizens to address an assortment of energy, health and safety related home repair needs. An outreach worker is available to help the client assess the work to be done, work through any applications, obtain contractors' bids, and to coordinate work done by several agencies.

Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State Street

Ithaca NY 14850

Website: www.tompkins-co.org/cofa

274-5498

Major Home Repair Grants- Bishop Sheen Housing assists with emergency home repair grants subject to income guidelines and "Access to Home" grants to fund accessibility modifications.

Bishop Sheen Ecumenical Housing Foundation

935 East Ave., Suite 300, Rochester, NY 14607

Website: www.sheenhousing.org

585-657-4114

FINANCIAL ASSISTANCE

Credit Counseling -including foreclosure prevention
& general credit counseling

Catholic Charities (Elmira office) 734-9784
ClearPoint Credit Counseling Solutions 800 479-6026

EPIC(Elderly Pharmaceutical Insurance Coverage) 800-332-3742

Food Stamps 274-5348

HEAP (Home Energy Assistance Program) 274-5482

Health Insurance Counseling

(Medicare, Medigap, Prescriptions)

Lifelong 273-1511

Office for the Aging 274-5482

Income Tax Counseling (RSVP) 273-1511

Lifeline Phone

Verizon Telephone Discount 1-800-555-5000

Safelink Wireless 1-800-977-3768

Assurance Wireless 1-888-321-5880

(An individual cannot receive both the landline discount and the free cell phone service at the same time.)

Medicare Savings Program *(in 2012, those with income under \$1,277/month, \$1,723 for a couple, can have Medicaid pay their monthly Medicare B premiums regardless of what assets are owned.)* 274-5359

Medicaid 274-5359

Medicare 1-800-772-1213

New York State IT-214

(Real Property Tax Credit) 274-5482

Money Management

Cooperative Extension One-on-one program 272-2292

Partial Property Tax and Enhanced STAR Exemptions	274-5517
Project Share (Energy Bills/Power Partners Program)	273-1900
Public Assistance Tompkins County Department of Social Services	274-5244
Rental Assistance	
Housing Choice Vouchers (Section 8)	273-1244 and 273-8816
Public Housing	273-8629
Govt. subsidized senior apartment complexes	274-5492
Social Security Administration	(Ithaca Office) 866-706-8289 (National) 800-772-1213
SSI (Supplemental Security Income)	274-5482
Veterans' Benefits (including "Aid and Attendance" benefit for eligible veterans with long term care needs.)	272-1084
Weatherization & Home Repairs	274-5486

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

LONG TERM RESIDENTIAL PROGRAMS

Larger Adult Care facilities are licensed by the NY State Health Department as “adult homes” or “enriched housing programs. Some or further certified to offer “enhanced assisted living” services to those with greater care needs. Smaller, family-type homes are certified by the local Department of Social Services. Both provide meals, homemaking services, supplemental personal care, recreational programs and 24-hour support. No skilled nursing services provided.

Longview

Longview, an Ithacare community, operates 96 assisted living suites as well as 100 independent living apartments. Longview is NY State certified to offer both assisted living and enhanced assisted living services. Longview has unique intergenerational programming with Ithaca College.

For information, contact:

Longview Director of Residential Services

1 Bella Vista Drive

Ithaca NY 14850

375-6320

Website: www.ithacarelongview.com

Sterling House and Clare Bridge

Sterling House is a 46-apartment NY State licensed adult care facility offering both assisted living and enhanced assisted living services to its residents. Operated by Brookdale Senior Living.

Clare Bridge is a licensed adult home and memory care residence with 28 private and 4 semi-private apartments. The facility and services are designed specifically to meet the needs of people with Alzheimer’s or other dementia/memory impairments. Operated by Brookdale Senior Living.

For information on either residence, contact:

Amy Rebera

Sterling House and Clare Bridge

101-103 Bundy Road

Ithaca, NY 14850

256-2580

Website: www.brookdaleseniorliving.com

Bridges Cornell Heights

Bridges Cornell Heights operates two adult care residences on Wycoff Ave. in the Cayuga Heights section of the City of Ithaca: the Colonial (11 residents) and the Tudor (15 residents). Privately owned and operated. Both are certified to offer enhanced assisted living services. For information, contact:

Elizabeth Ambrose, Owner and Operator 257-5777
Website: www.bridgescornellheights.com

Family-Style Adult Care Residences

Family-type homes are certified to provide personal care services for up to four residents. They may also have up to an additional two boarders who do not require personal care services.

The Old Hundred and Evergreen House

The Old Hundred (6 rooms) and **Evergreen House** (6 rooms) are smaller adult care residences operated by Classen Home Health agency. The Old Hundred is on Five Mile Drive in Ithaca. Evergreen House is on Jacksonville Rd., in the Town of Ulysses.

For information, contact:

Classen Home Health 277-1342
Website: www.classenhomehealth.com

Deer Haven

Deer Haven is a family-type home offering adult care services for up to four residents.

For information, contact:

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

(For a list of other family-type homes or larger adults homes within a 45 minute drive of Ithaca, call the Office for the Aging, 274-5492, or Adult and Long Term Care Services, 274-5222.)

Other Housing with Residential Care Services

Kendal at Ithaca (Continuing Care Community)

Kendal at Ithaca is a not-for-profit life care retirement community providing independent housing, services, and residential health care, including long term care through one contract that will remain in effect for the person's lifetime. The on-site health center provides short or long term care to residents at the same rate as independent living. Residents pay an initial entry fee and on-going monthly fees, and have a choice of apartment sizes which they may furnish with their own belongings. For further information contact:

Betsy Schermerhorn
Director of Admissions
2230 Triphammer Road
Ithaca, NY 14850
Website: www.kai.kendal.org

266-5300

Hospicare Residence

(Hospicare and Palliative Care Services operates a 6-bedroom residence for persons with terminal illness. See page 14 for contact information.)

Other Supportive Senior Housing Options

There are other supportive senior housing options in Tompkins County that do not offer licensed personal care services, but may provide one or more meals, housekeeping or other supports. Please refer to the booklet ***Housing Options for Seniors in Tompkins County*** for a description of these housing alternatives. It is available at the Tompkins County Office for the Aging or can be viewed on the Office for the Aging web site: www.tompkins-co.org/cofa. (Click on "Local Resources for Older Adults.")

Skilled Nursing Facilities (Nursing Homes)

Groton Community Health Care Center

The **Groton Community Health Care Center** is part of the Groton Community Health Care Center which also includes the Ambulatory Clinic, the Groton Intermediate Care Facility, and the Adult Day Program. The nursing home provides skilled nursing care, with 80 beds. There are planned recreational activities, social services, church services, speech, physical and occupational therapy, audiology and complete personal care and nursing services.

Rates (as of February 2013):

Private \$294 per day +6.8%
Semi-private\$284 per day +6.8%

Contact:

Director of Social Services
Groton Community Health Care Center
120 Sykes Street
Groton NY 13073 898-5876

Cayuga Ridge Health and Rehabilitation Center

Cayuga Ridge offers a full range of therapeutic and rehabilitative services, including recreational therapy, speech therapy, physical therapy, occupational therapy, audiology and social services.

Rates (as of February 2013):

Private\$250 per day +6.8%
Semi-private..... \$240 per day +6.8%

Contact:

Admissions Coordinator
Cayuga Ridge Health and Rehabilitation Center
1229 Trumansburg Road
Ithaca NY 14850 273-8072
Website: www.cayugaridge.org

Oak Hill Manor

Oak Hill Manor is a 60 unit skilled nursing facility that provides 24 hour nursing and rehabilitation services. Services include an activities program, social work, physical and speech therapies, church services, and an in-house beauty parlor. Dental and podiatry services are available as needed.

Rates (as of February 2013):

Private.....\$286 per day +6.8%
Semi-private.....\$276 per day +6.8%

Oak Hill Manor
602 Hudson Street
Ithaca NY 14850

272-8282

Beechtree Care Center

Beechtree is a long term health care facility with 120 beds. The nursing facility provides 24-hour skilled nursing and rehabilitation services, planned activities programs, social work services, and a full range of therapeutic services.

Rates (as of February 2013):

Private.....\$240 per day +6.8%
Semi-private.....\$230 per day +6.8%

Beechtree Care Center
318 South Albany Street
Ithaca NY 14850

273-4166 ext. 129

Website: www.beechtreecarecenter.org

Ombudsman Program

A long term care ombudsman is a certified volunteer serving as an advocate to address concerns expressed by, or on behalf of residents of assisted living residences and nursing homes. Ombudsmen listen carefully to residents, and may mediate, negotiate, facilitate and propose solutions when a resident has requested and given permission to the long term care ombudsman to act as their advocate. This service is confidential and free of charge. To contact the ombudsman for a residential care facility in Tompkins County, contact the Office for the Aging (274-5498).