Resources for Caregivers
In Tompkins County

A publication of the
Tompkins County Office for the Aging

Resources for Caregivers in Tompkins County

TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, New York 14850
(607) 274-5482
www.tompkinscountyny.gov/cofa

Resources for Caregivers in Tompkins County

Titles in this booklet series*:

- Housing for Seniors in Tompkins County
- Long Term Support Services in Tompkins County
- Resources for Caregivers in Tompkins County
- Tompkins County Fall Prevention Resource Guide

*This entire set of resource guides and other publications of the Tompkins County Office for the Aging are available online at: **www.tompkinscountyny.gov/cofa**

Unless otherwise stated, services and price levels described in this booklet are those scheduled to be in effect February 2019 and are subject to change.

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INFORMATION, REFERRAL & 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 elders' 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

NY Connects/Tompkins County Office for the Aging (COFA)
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5491

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 AM to 4:30 PM. Home visits can be arranged.

Caregivers' Resource Center (CRC)

Located at the Tompkins County Office for the Aging, CRC 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

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 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.
Contact: Dawn Sprague (607) 274-5499

Alzheimer's Support Unit: 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 forms 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 and Medic Alert+Safe Return program*). 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

Tompkins County Long Term Care Services

Human Services Building
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5278

Long Term Care Services provides phone consultation and can help people and their families determine what long-term care services may be needed. Case Management is provided to those eligible for services through the **NY State EISEP Program**, Alzheimer's Respite Scholarships, and caregiver respite programs as well as those receiving Medicaid home care service directly from the local Department of Social Services. Long Term Care Services conducts the **Patient Review Instrument (PRI)** assessment required before nursing home admission.

Alzheimer's Association Central New York Chapter

441 West Kirkpatrick St.
Syracuse, NY 13204

1-800-272-3900

www.alz.org/cny

Family caregivers or persons with dementia can consult with Alzheimer's Association staff using any of the following services:

I & R Services and 24/7 Helpline

Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day.
Contact: 1-800-272-3900

Care Consultation

Care Consultation can be provided in-person or via telephone to persons with dementia and their families to help with assessment of needs and assistance with planning and immediate problem solving.
Contact: (607) 785-7852, Ext. 601

Family Consultations

Family Consultations bring caregivers and family members together in a safe, facilitated forum to identify and discuss issues of common concern and develop strategies to address them.

The Alzheimer's Association offers caregiver **trainings, support groups** (*see page 15*), and **safety resources** (including the *Medic Alert/ Safe Return program*). Online education materials and the ALZConnected social community (online support groups and chat groups) can be accessed through the National Alzheimer's Association website: **www.alz.org**

Social Engagement Activities

These are scheduled periodically at cultural and recreational locations throughout the region covered by the Alzheimer's Association of Central New York.
(607) 330-1647, Ext. 601

Supports Specific to Other Diseases and Conditions

Other local 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. Groups for persons with particular conditions (e.g. stroke, Parkinson's) are often open to family caregivers as well. See page 15 for a list of local groups.

Caregivers of Veterans

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

Call the Caregiver Support Line at 1-855-260-3274

Local:
For help in applying for "Aid and Assistance" benefits or other veteran's benefits, call the area NYS Veterans' **Counselor, John Canestaro** at:
(607) 733-2178

9:30 AM to 3:00 PM

www.caregiver.va.gov/index.asp

Coming Soon! Tompkins County Veterans Services Program located at the Office for the Aging.

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 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, LMSW
(607) 280-1433

www.caremanageforall.info
caremanageforall@gmail.com

Cathy Paddock

(607) 280-5404

ckpaddock@yahoo.com

Golden Guidance

Patricia Lynott, PhD
(607) 220-4846

go.to.guidance@gmail.com

Mindful Eldercare

Robert Levine, LMSW
(607) 229-8404

http://mindfuleldercare.wix.com/levine

mindfuleldercare@gmail.com

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 that 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 manage your situation and learn how to improve it. There are several counseling opportunities for caregivers in Tompkins County.

Family & Children's Services Caregiver Counseling

Family & Children's Services / Senior Services Program
127 W. Martin Luther King Jr./State St.

Ithaca, NY 14850
(607) 273-7494

www.fcsith.org

The **Caregiver Counselor/Consultant** provides confidential consultation and support to family caregivers. 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. Meetings are ordinarily held in the office, but special circumstances may be considered for in-home service. No charge. 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 may be provided at home.

Geriatric Outreach Program and Mental Health Services

Tompkins County Mental Health Clinic
201 East Green St.
Ithaca, NY 14850

Susan Spicer, *Geriatric Outreach Team Coordinator*
(607) 274-6230

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
171 E. Martin Luther King Jr./State St.
Suite 105-1
Ithaca, NY 14850

(607) 273-9347

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 schedules 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

(607) 273-9250

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

(607) 272-1616

www.suicidepreventionandcrisisservice.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 depression 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 Services
127 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 273-7494

www.fcsith.org

Meets the 3rd Tuesday of every month at Family and Children's Service at 6:30 PM.

Alzheimer's Caregivers' Support Group/Alzheimer's Association of Central New York

Lifelong Office
119 W. Court St.
Ithaca, NY 14850

(607) 330-1647
www.alz.org/centralnewyork

Meets at Lifelong on the 1st Wednesday of each month at 5:30 PM.

Cancer Caregivers Support Group

Cancer Resource Center of the Finger Lakes
612 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 277-0960

Meets the 2nd Tuesday of the month, 5:30 to 7:00 PM.
For family, friends and caregivers of individuals with cancer.

Parkinson's Disease Caregiver Support Group

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5491

Meets the 1st Monday of each month, 11:00 AM to 12:30 PM in the conference room. Call to inquire about the group. *(See p. 48 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.

NY Connects/Tompkins County Office for the Aging (COFA)

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

(607) 274-5482

www.tompkinscountyny.gov/cofa

Staff at the Office for the Aging provides 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 AM to 4:30 PM. Home visits can be arranged.

Legal Assistance Program

The Office for the Aging contracts with **LawNY** (formerly Tompkins/Tioga Neighborhood Legal Services) to provide free legal consultation in some civil matters for Tompkins County residents age 60 and older. Specific information on the program may be obtained by calling the Office for the Aging at **(607) 274-5482**. Contributions are accepted, 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.

Lawyer Referral Service

NY State Bar Association

800-342-3661

LR@NYSBA.org

If you are referred to an attorney through the lawyer referral service, the attorney will provide you with a half-hour consultation for $35.

During your visit with the attorney, you and the attorney will discuss your matter and decide what further action to take, if any. There is no obligation for you to hire the attorney. If the attorney agrees to represent you, the attorney will charge you at his or her regular rates.

Directory of Financial Resources for Seniors

Energy Assistance

HEAP (Home Energy Assistance Program)
NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5482

www.tompkinscountyny.gov/cofa

Project Share (Energy Assistance)
Tompkins County Dept. of Social Services
320 W. Martin Luther King, Jr./State Street
Ithaca, NY 14850

(607) 274-5264

www.tompkinscountyny.gov/dss

EPIC (Elderly Pharmaceutical Insurance Coverage)

PO Box 15018
Albany, NY 12214-5527

800-332-3742

www.health.state.ny.us/health_care/epic

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

Lifelong
119 West Court St.
Ithaca, NY 14850

(607) 273-1511

www.tclifelong.org

NY Connects/Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5482

www.tompkinscountyny.gov/cofa

Income Tax Counseling

Lifelong
121 West Court St.
Ithaca, NY 14850

(607) 273-1511

www.tclifelong.org

Alternatives Credit Union
If you live in Tompkins or Cortland Counties
Call 211 to make an appointment)

Medicare Enrollment

Social Security Administration (SSA)
127 W. Martin Luther King Jr./State St., 2nd Floor
Ithaca, NY 14850

(607) 256-3651 or 1-800-772-1213

www.medicare.gov

Medicare B Premium Subsidy

Medicare recipients who are income eligable may qualify to have Medicaid pay their monthly Medicare B premiums for them.
Call for current eligibility limits: **(607) 274-5359**

Tompkins County Department of Social Services
Medicaid Unit
320 W. Martin Luther King Jr./State St., 2nd Floor
Ithaca, NY 14850

(607) 274-5356

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

Lifelong (Assistance with application available)
119 W. Court St.
Ithaca, NY 14850

(607) 273-1511

Assistance with application also available through
Tax Counseling Service

Real Estate Tax Exemption for Senior Citizens & STAR exemption

Tompkins County Division of Assessment
128 East Buffalo St.
Ithaca, NY 14850

(607) 274-5517

www.tompkinscountyny.gov/assessment

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

Ithaca Housing Authority (IHA)
798 South Plain St.
Ithaca, NY 14850

(607) 273-1244
www.ithacaha.com

Tompkins Community Action
701 Spencer Rd.
Ithaca, NY 14850

(607) 273-8816
www.tcaction.org

Social Security Administration (Social Security and SSI)

127 W. Martin Luther King Jr./State St., 2nd Floor
Ithaca, NY 14850

866-706-8289

www.ssa.gov

TCAT— Bus Fare Discounts

Ithaca Tompkins Transit Center
Ithaca, NY 14850

(607) 277-9388 Ext. 450

www.tcatbus.com

Telephone Discounts

Lifeline discount for Landline phones:

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

Safelink (free cell phone service) **1-800-867-7183**
Enroll online at www.safelinkwireless.com

Assurance Wireless (free cell 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
320 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

www.tompkinscountyny.gov/dss

Long Term Care **(607) 274-5278**

Public Assistance **(607) 274-5345**

SNAP **(607) 274-5201**
(Supplemental Nutrition Assistance Program)

New York State Veterans Counselor

John Canestaro **(607) 733-2178**

Email: john.canestaro@veterans.ny.gov

www.veterans.state.ny.us

Office hours: 9:30 AM – 3:30 PM
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). Call and leave a message for a return call.

Coming Soon! Tompkins County Veterans Services Program located at the Office for the Aging.

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 FOR SENIORS

NY Connects/Tompkins County Office for the Aging

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

(607) 274-5482

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
Assistance in helping low-income, older homeowners address an assortment of energy, health and safety related home repair needs. Also, free home safety assessments.

Information/Assistance with:

- **Filing Property Tax Exemptions**
- **Home Energy Assistance Program (HEAP)**
- **New York State Real Property Tax Credit (IT-214)**

Home Repair and Weatherization Assistance

WRAP Program: Home Repair/Home Safety Referral & Assistance

NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5486

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 Rd.
Ithaca, NY 14850

(607) 273-8816

www.tcaction.org

Tompkins County Mini-Home Repair and SHARP (small home repair) Programs

Ithaca Neighborhood Housing Services/Better Housing for Tompkins County
115 W. Clinton St.
Ithaca, NY 14850

(607) 277-4500

www.ithacanhs.org

Available **only** to Ithaca City residents.

Home Safety Assessment

Empowerment by Design Occupational Therapy

PO Box 506
Ithaca, NY 14851

(607) 351-1654

www.ebd-ot.com

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

Full Spectrum Rehabilitation and Wellness

903 Hanshaw Rd. #201
Ithaca, NY 14850

(607) 227-4421

www.rebeccanormanotr.com

Specializing in geriatric rehabilitation and falls prevention.

NY Connects/Tompkins County Office for the Aging

The Office for the Aging offers free home safety assessments. *See **WRAP** program entry on page 22.*

Moving Assistance

Clear the Way

Linda Story
(607) 592-0914

info@cleartheway.com

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.

Simply Organize

Laura Barrows
(607) 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

Subsidized 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.

Cayuga Meadows **(607) 216-9808**
108 Aster Ln.
Ithaca, NY 14850
www.coniferliving.com

Center Village Court Apartments **(607) 898-5887**
200 West South St.
Groton, NY 13073 898-5887

Conifer Village **(607) 277-6320**
200 Conifer Dr.
Ithaca, NY 4850
www.coniferliving.com

Ellis Hollow Apartments **(607) 273-3020**
1028 Ellis Hollow Rd.
Ithaca, NY 14850
www.coniferliving.com

Fountain Manor **(607) 564-6320**
9 Midline Rd. **(607) 273-2187**
Slaterville Springs, NY 14881
www.betterhousingtc.org

Juniper Manor I (607) 387-5922
24 Elm St.
Trumansburg, NY 14886
www.ithacanhs.org

Juniper Manor II (607) 387-5922
16 Pease St.
Trumansburg, NY 14886
www.ithacanhs.org

Lehigh Crossing Apartments (607) 844-4045
15 Cook St.
Freeville, NY 13068
www.belmontmgmt.com

McGraw House (607) 272-7054
700 McGraw House (Geneva St.)
Ithaca, NY 14850
www.mcgrawhouse.org

Newfield Garden Apartments (607) 564-9935
261 Main St. (607) 273-2187
Newfield, NY 14867
www.ithacanhsorg

Schoolhouse Garden Apartments (607) 898-4770
177 Main St.
Groton, NY 13073
www.coniferliving.com

Titus Towers I and II (607) 273-8629 Ext. 245
Ithaca Housing Authority
798 & 800 South Plain St.
Ithaca, NY 14850
www.ithacaha.com

Willowbrook Manor (607) 844-8000
PO Box 522 (607) 844-5130
Dryden, NY 13053
www.tompkinsliving.com

Woodsedge (607) 533-4792
Woodsedge Dr.
Lansing, NY 14882
www.mycrmrental.com

55 and Older Senior Apartments: Market Rate

Cayuga View Senior Living (607) 319-0949
16 Cinema Dr.
Ithaca, NY 14850
www.cayugaview.com

Horizon Villages (607) 257-6059
1 Leslie Ln.
Ithaca, NY 14850
www.horizonvillages.com

Longview Patio Homes (607) 375-6320
1 Bella Vista Dr.
Ithaca, NY 14850
www.longviewithaca.org

Housing with Long Term Care Services

Senior Housing with Meals/Housekeeping Included

Longview Apartments (607) 375-6320
1 Bella Vista Dr.
Ithaca, NY 14850
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.

Life Care Retirement Community

Kendal at Ithaca (607) 266-5300
2230 North Triphammer Rd.
Ithaca, NY 14850
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 (assisted living residence) and a skilled nursing facility.

Licensed Adult Care Residences

Assisted Living

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.

Bridges Cornell Heights **(607) 257-5777**
403 – 407 Wyckoff Ave.
Ithaca, NY 14850
www.bridgescornellheights.com

Brookdale Ithaca **(607) 256-5094**
103 Bundy Rd.
Ithaca, NY 14850
www.brookdale.com

Longview **(607) 375-6320**
1 Bella Vista Dr.
Ithaca, NY 14850
www.longviewithaca.org

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.

Evergreen House **(607) 277-1342**
Classen Home Health
4461 Jacksonville Rd.
Jacksonville, NY 14854
www.classenhomehealth.com

Old Hundred House **(607) 277-1342**
Classen Home Health
704 Five Mile Dr.
Ithaca, NY 14850
www.classenhomehealth.com

Nursing Homes

Groton Community Health Care Center **(607) 898-5876**
120 Sykes St.
Groton, NY 13073

Cayuga Ridge Skilled Nursing and Rehabilitation Center
1229 Trumansburg Rd. **(607) 273-8072 Ext. 243**
Ithaca, NY 14850
www.cayugaridge.org

Oak Hill Manor Nursing Home **(607) 272-8282**
602 Hudson St.
Ithaca, NY 14850

Beechtree Center for Rehabilitation and Nursing
318 South Albany St. **(607) 273-4166 Ext. 162**
Ithaca, NY 14850
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
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 9:00 AM and 11:00 PM, 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.

NY Connects/Tompkins County Office for the Aging

214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850
(607) 274-5482
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 other 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 Rd.
Ithaca, NY 14850

(607) 266-9553

www.foodnet.org

Congregate Meals Program

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. The sites for meals are conveniently located throughout the County, and are open to everyone over age 60.

- **Titus Towers** (Ithaca)
- **Center Village Court** (Groton)
- **YMCA** (Ithaca)

Home Delivered Meals

Provided by Foodnet, serves people age 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 Home Delivered Meals 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

A service also provided by Foodnet is 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.**

Other Home Delivered Meals Options

Rose Home Dish

Dinners are delivered cold and ready to pop into the oven. Served in 8x8 glass or disposable casserole dish. Provides at least two servings. Delivery to City and Town of Ithaca. For surrounding areas, inquire by emailing Rose: **rosehomedish@gmail.com**

- Delivery on Tuesdays, Wednesdays and Thursdays.
- Weekly menus sent by email.
- View this week's menu online at **www.roseshomedish.com**

Ithaca to Go

Order by phone for home delivery from 56 area restaurants/ businesses. Serves 14850 and 14882 zip code areas.

$4.89 standard delivery fee. Driver tip is customary.

(607) 216-9310

View participating restaurants/businesses: **www.ithacatogo.com**

Options for Grocery Delivery

Rosie *Online Shopping and Home Delivery*

1-855-767-4366

https://www.rosieapp.com

Select the preferred grocer and shop. Choose between in-store pick-up ($1.99 fee) or home delivery (starting at $3.99). **Rosie** is offering free delivery on the first order (over $75). Input the coupon code: *SENIORS*. Participating local grocers are:

- **P&C FRESH Ithaca**, 315 Pine Tree Rd. (East Hill Plaza)
- **Trumansburg ShurSave**, 2085 NY-96, Trumansburg
- **P&C FRESH Cortland**, 160 Clinton Ave., Cortland

Instacart Service

Wegman's delivery service allows on-line ordering of most items in the store which are delivered to the home of people living in select zip codes in Tompkins County.

Delivery fee is waived on the first order. For information on delivery fees and enrolling in the program, visit:

www.wegmans.com/instacart

Aldi's new delivery service allows on-line ordering of most items in the store for home delivery.

For information on delivery fees and enrolling in the program, visit:

www.shop.aldi.us

Transportation Services

Gadabout

737 Willow Ave.
Ithaca, NY 14850

(607) 273-1878
www.gadaboutbus.org

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 $2.00 one way within the city limits and $3.00 one way outside of the city limits.

FISH Transportation Service

c/o 211 Tompkins Cortland
Ithaca, NY 14850

Call 211 or 1-866-211-8667
www.fishoftc.org

FISH (Friends In Service Helping) volunteers provide essential transportation for elderly, handicapped, or low-income individuals. This service is offered primarily for medically-related trips. You are asked to call a week in advance to schedule transportation. There is no charge for this service. Donations are accepted.

ADA Paratransit Service

Tompkins Transit Center
737 Willow Ave.
Ithaca, NY 14850

(607) 277-9388, Ext. 421 **TTY (607) 277-9766**
www.tcatbus.com/ada

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.

Wheelchair Accessible Taxi

Collegetown Cab

(607) 277-7777

Collegetown Cab has a wheelchair-accessible taxi.
$20 fee plus regular cab fare.

> **Note**: To explore other ways of getting around in Tompkins County, visit the Cooperative Extension **Way2Go** website:
>
> **www.ccetompkins.org/community/way2go**

Other Long Term Care Supportive Services

Project CARE-Friendly Visiting and Respite

NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5499

www.tompkinscountyny.gov/cofa

Project CARE, organized by the Tompkins County Office for the Aging, matches older people with volunteers and encourages regular visits, 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 the Hospice Residence*

Hospicare and Palliative Care Services
172 East King Rd.
Ithaca, NY 14850

(607) 272-0212
www.hospicare.org

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. 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.

Visiting Nurse Service of Ithaca and Tompkins County

138 Cecil Malone Dr.
Ithaca, NY 14850

(607) 273-0466

www.vnsithaca.org/

AIM (Advanced Illness Management) is a registered nurse/ medical social worker care management program with a palliative care focus. The focus is care of patients with chronic illness such as COPD, CHF, advanced neurological disease or advanced cancer.

Love Living at Home

Gateway Center
401 E. State St., Suite 304
Ithaca, NY 14850

(607) 319-0162

www.lovelivingathome.org

Love Living at Home membership is open to any residents of Tompkins County, 62 and older. Started in 2016, it is a network of people helping people to access needed services that enable them to live safely in their own homes for as long as possible. Its programs aim to enrich the lives of its members, forge connections for new friendships, and assist one another to access the array of area services and providers necessary to stay at home though the life span.
Annual membership fee: $450/individual or $575/household.

Financial assistance with membership fee is available for those with low incomes.

Personal Emergency Response System (PERS)

NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5482

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 Doyle Medical Monitoring which will alert emergency services to respond when necessary. The **PERS system costs $25/month.** At an extra charge, Fall Detection Sensor and GPS Mobile Service can be added to manage safety and security virtually anywhere.

Protective Services for Adults

Tompkins County Department of Social Services
320 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5222

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 Rd.
Ithaca, NY 14850

(607) 257-1345, Ext. 4455

Project Lifesaver provides timely response to save lives and reduces potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders. Each participant who 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 **(607) 257-1345, Ext. 4455**, 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/Tompkins County Long Term Care Services

Human Services Building
320 W. Martin Luther King Jr./State St..
Ithaca, NY 14850

(607) 274-5278

Provides intake and ongoing care management services for seniors receiving in-home services through the **EISEP** program and for some **Medicaid home care** clients. Their nurses can also provide the **PRI** (Patient Review Instrument) assessment that is required for individuals prior to admission to a nursing home. Note: Medicaid beneficiaries who need help with dressing, bathing, or others hands-on personal care that is expected to last more than 120 days must enroll in a Medicaid Managed Long Term Care (**MLTC**) plan. Call Tompkins County Long Term Care Services or NY Connects/Tompkins County Office for the Aging to learn about the process in enrolling in MLTC plans.

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

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.

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:

NYS Veterans' Counselor
For help in applying for "Aid and Assistance" benefits or other veter-an's benefits, call the area NYS Veterans' Counselor:

John Canestaro

(607) 733-2178

9:30 AM to 3:00 PM

Email: john.canesatro@veterans.ny.gov

Coming Soon! Tompkins County Veterans Services Program located at the Office for the Aging.

Directory of Home Care Agencies

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. **(607) 273-0466**
Ithaca, NY 14850

www.vnsithaca.org

Licensed Agencies

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

CareGivers **(607) 275-0238**
531 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

www.caregivershomecare.com

Classen Home Health Associates, Inc. **(607) 277-1342**
Ithaca Shopping Plaza
222 Elmira Rd., Suite 3
Ithaca, NY 14850

www.classenhomehealth.com

Comfort Keepers **(607) 272-0444**
1301 Trumansburg Rd. Suite A
Ithaca, NY 14850

www.comfortkeepers.com

Community Health and Home Care, Inc. **(607) 273-7780**
138 Cecil A. Malone Dr.
Ithaca, NY 14850

www.vnsithaca.org/CHHC/index.html

Hospicare and Palliative Care Services **(607) 272-0212**
See page 26
172 East King Rd.
Ithaca, NY 14850

www.hospicare.org

Stafkings Healthcare Systems **(607) 273-5335**
222 South Fulton St.
Ithaca, NY 14850

Companion Care/Homemaker Services

Home Instead Senior Care **(315) 252-2354**
2 South St., Suite 404
Auburn, NY 13021

www.homeinstead.com/706

Finding People to Hire Privately

The Registry **(607) 272-2433**
Finger Lakes Independence Center
Ithaca, NY 14850

www.fliconline.org

The Registry is a free listing and referral service for 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 to $17 or more per hour, while housekeeping and companions tend to range between $12 and $15. There is no fee for the matching service, but contributions are welcomed.

Finding In-home Helpers Online

Another option for being matched with privately hired in-home helpers is by searching on the Internet for matching sites such as Care.com.
www.care.com

RESPITE 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!

Longview Adult Day Program

Longview
1 Bella Vista Dr.
Ithaca, NY 14850

(607) 375-6323

www.ithacarelongview.com

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. $55/ day. Participants can attend all five days, or just certain days of the week.

Volunteer In-Home Respite

Project CARE-Friendly Visiting and Respite
NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850

(607) 274-5499

www.tompkinscountyny.gov/cofa

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 35*). Project CARE may also arrange for paid aide respite for certain individuals through Tompkins County Long Term Care Services. Specific criteria must be met.

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 page 40*). You may also be able to hire someone privately through The Registry, a service of the Finger Lakes Independence Center (*see page 41*).

Overnight Respite

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: (607) 274-5482

Assisted Living Level of Care
Short-term stays are allowed on a space-available basis at Brookdale Senior Living, Longview, Bridges Cornell Heights, as well as most of the smaller, family-type, adult care homes locally. 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 Nursing** and **Beechtree Center** skilled nursing facilities. 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.

Veterans may be eligible for a respite stay at a **Veteran's Administration** residential care facility. In Tompkins County, contact the **VA Counseling Center** at **(607) 773-2178** from 9:30 AM to 3:30 PM, to discuss eligibility and how to apply or call the national **VA Caregiver Support Line** at **1-855-260-3274**. Go online to learn about VA caregiver support at **www.caregiver.va.gov**

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 Fifth St.
Ithaca, NY 14850

(607) 272-2433

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.
Elmira, NY 14901

1-800-888-5020 or Ithaca (607) 275-0308

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 pages 22-23***)

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 **(518) 474-0197**
52 Washington St.
Room 201 South
Rensselaer, NY 12144

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 **(607) 844-9900**
2272 Dryden Rd. (Rt. 13)
Dryden, NY 13053

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

Finger Lakes Independence Center **(607) 272-2433**
215 Fifth St.
Ithaca, NY 14850

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 **(607) 898-3837**
307 Main St.
Groton, NY 13073
Loan closet for wheelchairs, crutches, walkers, and commodes.

Trumansburg American Legion **(607) 387-4212**
West Seneca Rd.
Trumansburg, NY 14886
Loan closet for wheelchairs, crutches, walkers, and commodes.

Wonderful Wheelchairs **(607) 375-6657**
Cayuga Ridge **(607) 592-4490**
1229 Trumansburg Rd.
Ithaca, NY 14850
Refurbishes used wheelchairs and makes them available to people in the Ithaca area who need them.

Parking Permits

Ithaca City Clerk **(607) 274-6570**
City Hall, Green St. or your Town/Village Clerk
Ithaca, NY 14850

www.ci.ithaca.ny.us

Permits allowing parking at designated 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 **(607) 273-7187**
301 Third St.
Ithaca, NY 14850

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**
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 page 50*).

SERVICES 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 that 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 preexisting health coverage during the leave period and, once the leave period is concluded, to reinstate the employee to the same or an equivalent job.

NY State Family Paid Leave

As of January 1, 2018 most employees who work for private employers in New York State are eligible to take **Paid Family Leave**. Family Leave provides job-protected, paid time off so someone can care for a close relative with a serious health condition. The employee can continue their health insurance while on paid family medical leave and are guaranteed the same or a comparable job when the leave ends.
For more details, visit:
https://www.ny.gov/programs/new-york-state-paid-family-leave

Employee Assistance Programs (EAP)

Some employers provide free, confidential individual counseling for employees. Inquire about whether there is an Employee Assistance Program through your place of work to help you explore options when problems seem too confusing or painful to solve alone.

DIRECTORY OF SUPPORT GROUPS

Contact **Tompkins 211** for updated information on area support groups.

Alcoholics Anonymous **(607) 273-1541**
Self-help for alcoholics.

Al-Anon **(607) 274-9422**
Self-help for family & friends of alcoholics.

Alzheimer's Support Groups **(607) 330-1647**
Alzheimer's Association.

Bereavement Support Group **(607) 272-0212**
Support for those who have experienced death of a loved one.

Cancer Support Groups **(607) 277-0960**
Cancer Resource Center of the Finger Lakes.

Caregiver Support Group **(607) 273-7494**
Family and Children's Service group for those caring for aging parents or other elderly relatives or friends.

Diabetes Community and Support Groups **(607) 274-4127**
Periodic education series and support for people with diabetes, family, friends. Held at Cayuga Medical Center.

Finger Lakes Area Multiple Sclerosis Group **(607) 272-2433**
For persons with Multiple Sclerosis and their Caregivers.

Grandparents Raising Grandchildren Support Group **(607) 273-7494**
Sponsored by Family and Children's Service in Ithaca.

Multiple Sclerosis Caregiver Support Group **(607) 272-2433**
For parents and other family caregivers.

National Alliance for the Mentally Ill **(607) 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.

Parkinson's Support Group
For persons with Parkinson's and/or their care partners.
Email: dalentini@yahoo.com for details.

Parkinson's Spouses Support Group **(607) 274-5491**

Stroke Support Group **(607) 272-2433**
For stroke survivors and their caregivers.

Image: Freepick.com

INTERNET RESOURCES FOR CAREGIVERS

NY Connects/Tompkins County Office for the Aging

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

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

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

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

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

TOMPKINS COUNTY

OFFICE FOR THE AGING

Aging Better, Together

NY Connects/Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, New York 14850

(607) 274-5482

www.tompkinscountyny.gov/cofa