

Careers In Caring



**Long Term Health Care
Agencies and Organizations
In Tompkins County**

Do you enjoy taking care of others?

If that description fits you, you may be able to turn your caring and your skills into a career in the important and growing field of long term care.

This booklet will tell you about the various positions in long term health care and their responsibilities. It also provides information about opportunities in long term health care in Tompkins County:

- Agencies which employ companions, personal care aides (PCAs), home health aides (HHAs), and certified nursing assistants (CNAs).
- Organizations which can connect long term care workers with people looking for aides
- Where to get trained to be a long term care worker
- Places where you could work even if you are not certified as a long term care worker.

All of the information here was provided by the individual agencies. For more details, please contact the agency directly.



Why did we create this booklet?

We need more health care workers in our community.

Health care workers are a critical part of the health care team.

They provide more than 350,000 hours of service each year to 1,700+ home care clients and nursing patients. Their care makes it possible for individuals to live as independently as possible in their own homes, and improves the comfort and well-being of those in nursing facilities.

We applaud the service that long term care workers provide in our community and encourage other people to consider this as a career.

The Tompkins County Office for the Aging and The Health Planning Council of Tompkins County worked collaboratively to update and publish this resource guide. The mission of the Office for the Aging is to assist older adults to remain at home and independent for as long as possible and appropriate. The Health Planning Council is a not-for-profit organization which works to improve the health of Tompkins County residents and to promote the development of needed health services and resources.

Table of Contents

	<u>Page #</u>
What is Long Term Care?	4
Job Titles in Long Term Care	5
Training Requirements	6
Thank You Aides!	7
 <u>Job Opportunities with Home Care Agencies</u>	
CareGivers	8
Classen Home Health Associates	9
Comfort Keepers	9
Community Health and Home Care	10
Home Instead Senior Care	10
Hospicare	11
Redmoon Caregivers	12
Stafkings Healthcare Systems	13
 <u>Job Opportunities in Adult Residences</u>	
Brookdale Senior Living	14
Bridges Cornell Heights	15
Longview	15
Kendal	16
 <u>Job Opportunities in Skilled Nursing Facilities</u>	
Beechtree Care Center	16
Groton Community Health Care Center	17
Cayuga Ridge	18
Oak Hill Manor	18
 <u>Additional Opportunities and Resources</u>	
Finger Lakes Independence Center: CDPAP	19
Finger Lakes Independence Center: Registry Program	20
Workforce NY	21
Central New York Area Health Education Center	22
TC3- Nursing Program	23

What is Long Term Care and Why is it so Important?

- **Long term care** involves caring for people who have long term health care needs, including children, adults and the elderly. Long term care services help individuals who are recovering from an illness, or who just need help to get through the day.
- **Health care workers** help people with tasks like dressing, bathing and walking; getting breakfast, lunch or dinner; making the bed; and cleaning the kitchen or bathroom. Some workers also take a patient's vital signs (blood pressure, temperature, pulse, heart rate).
- Home health care workers such as **personal care assistants** (PCAs) and **home health aides** (HHAs) care for people in their own homes, while **certified nursing assistants** (CNAs) and **licensed practical nurses** (LPNs) provide care in facilities such as skilled nursing facilities and adult care residences.
- **Health care workers** provide a very important service: as more patients move from hospitals to skilled nursing facilities or to their homes from hospitals, they will rely more and more on health care workers to provide care. Many people in Tompkins County are unable to receive the care they need because there are not enough certified health care workers to provide that care.

WE NEED YOU!

From patients:

"She's become like a member of our family."

"He takes pride in working as a home health aide and looks to enhance his skills and knowledge."

Why a Job in Long Term Care?

- Long term care jobs are good if you want to work with people.
- It is very satisfying if you can help people who are having trouble helping themselves.
- Home care jobs have flexible part-time or full-time work schedules so you can work and still take care of your kids and family.
- Working at lots of places can make your job more fun. You have more variety than a clerk position or a desk job.

What can I do as a health care worker?

There are many ways you can care for people. You can be a Companion, Personal Care Assistant (PCA), Home Health Aide (HHA), or a Certified Nursing Assistant (CNA).

Personal Care Assistant (PCA):

Light housework - making beds, dusting, vacuuming, cleaning, laundry, preparing meals. Personal care - dressing, grooming, walking, feeding, and other tasks.

Home Health Aide (HHA):

Assist with bathing, grooming and dressing, administer oral medications, assist with prescribed exercises, and perform housekeeping and cooking.

Certified Nursing Assistant (CNA):

CNAs usually work in nursing homes or adult residences. Their responsibilities include answering patients' call lights, delivering messages, serving meals, making beds, helping patients eat, dress, and bathe, escorting patients to medical appointments, taking vital signs, observing patients' physical and mental conditions, and other tasks.

What type of training do I need?

Training requirements depend on the position:

Companion: New York does not require training for this position. Individual agencies who hire Companions provide on-the-job training.

Personal Care Assistant (PCA): New York requires 40 hours of training for this position. Most agencies provide training- check with the individual agency.

Home Health Aide (HHA): New York requires 75 hours of training, including 16 hours of supervised demonstration of skills, 8 hours of which is in the classroom and eight hours of which is with a patient in the home or in a health care facility (not a nursing home).

Certified Nursing Assistant (CNA): New York requires 100 hours of training, including 30 hours of supervised practical training.

If you are already certified as a CNA (Certified Nursing Assistant), you can work as a PCA (Personal Care Aide) or HHA in a Home Care Agency with only one day of additional training.

Training agencies approved by the New York State Department of Health are prohibited from charging for training, but may charge a participant fee up to \$100.00 for materials that students are required to have and will keep upon completion or separation from the program.

Training programs approved by the New York State Education Department may charge tuition, including programs offered by BOCES. Call the agency for current information about trainings.



Where can I work if I am not certified?

Two local organizations keep lists of people looking for in home help. You may review these lists and contact these people directly to see if you can work for them.

- Consumer Directed Personal Assistance Program, through the Finger Lakes Independence Center (FLIC) (see pg. 18)
- The Registry, also a program through FLIC (see pg. 19)

You can also check with individual agencies. Some agencies have positions for a companion or homemaker. These positions do not require certification as a home health aide.

Thank You Comments from people in Tompkins County

"(My aide) is a pleasure to have around. She does all of those little extra things that you wouldn't expect her to do. She's quick, efficient, and doesn't dilly-dally around."

"My aide always begins my day with a smile and a cheery, 'Good Morning.' She is good natured and very willing to help me in any way she can. It is nice to have the same person everyday. I consider her a friend."

"Since I can't get out much, my aide is someone I can talk to. She is very pleasant and always has something funny to tell me. She is very dependable. I always know when she leaves that everything will have been completed and done well."

"My aide improves my day just by being there. She manages to make me laugh and I need that."

CareGivers

Contact Information:

Nancy McKeon
531 West State St. Unit #1
Ithaca, NY 14850
Ph: (607) 275-0238
Fax: (607) 275-0816
Email: nmckeon@caregivershomecare.com
Web: <http://www.caregivershomecare.com>

Our passion for over 35 years.

Formerly a franchise of Upjohn Health Care Services, CareGivers has been a leading home health care provider for decades. Since leaving Upjohn to become an independent provider, we have maintained the high quality standards and trusted services that CareGivers has been known for since 1967. Today, we have 13 locations in Upstate New York and Western Pennsylvania.

Ensuring that each individual receives the care he or she deserves means doing all we can to select the most caring and qualified professionals. At CareGivers, we place special emphasis on providing peace of mind regarding the care and safety of our clients and their loved ones. Please visit our website for more information.



Classen Home Health Associates

Contact Information:

Patricia Classen
Island Fitness Center
310 Taughannock Blvd., Suite 1B
Ithaca, NY 14850
Ph: (607) 277-1342
Fax: (607) 272-4611
Web: www.classenhomehealth.com

Contact the agency directly for information.

Comfort Keepers

Contact Information:

Teresa Nix
2359 N. Triphammer Rd.
Ithaca, NY 14850
Ph: (607) 272-0444
Web: www.comfortkeepers.com

Contact the agency directly for information.

Community Health and Home Care

Contact Information:

Joan Murphy
138 Cecil A. Malone Dr.
Ithaca, NY 14850
Ph: (607) 273-7780
Fax: (607) 277-1494

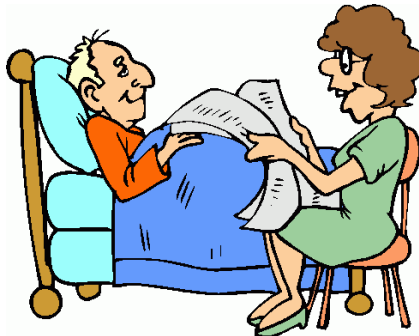
Contact the agency directly for information.

Home Instead Senior Care

Contact Information:

2 South St. Suite 404
Auburn, NY 13021
Ph: (315) 252-2354

Contact the agency directly for information.



Hospicare and Palliative Care Services of Tompkins County

Contact Information:

Tim Emmett, HR
Hospicare and Palliative Care Services
172 E King Road
Ithaca, NY 14850
Ph: (607) 272-0212
Fax: (607) 272-0237
Email: timemnett@hospicare.org
Web: www.hospicare.org

Hires: Home Health Aides

Hospicare and Palliative Care Services offers a supportive environment where you can work directly with patients in their homes, in area nursing homes, or in our six-bed hospice residence.

Benefits include a competitive salary, mileage reimbursement and a progressive work environment. Employees who work 21 hours-plus each week enjoy a comprehensive benefit package, including health coverage and retirement savings plan.

All clinical staff work as part of an interdisciplinary team to deliver the high quality of care that is consistent with our mission.

The mission of Hospicare and Palliative Care Services is to bring medical expertise and compassionate, respectful care to people and their loved ones at any stage of a life-threatening illness, and to provide information and education about advanced illness, dying and bereavement to the entire community.

Redmoon Caregivers

Contact Information:

Joe and Robin Soto, Co-owners
222 S Albany St. Suite 1
Ithaca, NY 14850
Ph: (607) 254-6090
Fax: (607) 254-6091
Email: info@redmooncaregivers.com
Web: redmooncaregivers.com

As the owners of this locally owned agency, we take great pride in the work that we and our employees perform in service of the elderly and disabled people in our community. We therefore take great care in selecting our caregivers.

Hires: Home Health Aide/Personal Care Aides. Full time and Part time positions available.

Benefits:

Paid Holidays: New Years Day, Memorial Day, July 4, Labor Day, Thanksgiving Day and Thanksgiving Friday, and Christmas Day.

Mileage: Reimbursed client-to-client mileage, within Tompkins County.



Stafkings Healthcare Systems

Contact Information:

Ellen Rury, RN, BSN, Branch Manager
224 South Fulton St.
Ithaca, NY 14850
Ph: (607) 273-5335
Fax: (607) 273-1054
Email: stafkingshealthcaresystems.com
Web: www.stafkings.com

Stafkings Healthcare Systems is a family owned Licensed Home-care Service Agency serving sixteen Central New York counties. We provide Home Health Aide, Personal Care Aide and homecare and facility nursing. We at Stafkings would like to thank our aides and the aides of all Tompkins county agencies for their caring and compassionate services to those in need. We invite you to visit us at 224 South Fulton Street, on the web at www.stafkings.com or call 273-5335 to find out more about our job opportunities and free training and certification programs.

Benefits:

Medical, Prescription, Hospital, Dental, Vision, and Life Insurance with no minimum hours requirement
401(k) Retirement Savings Plan
Paid vacation time off
Holiday pay
Mileage and Mileage bonus - 30 cents per mile
Free training and certification
Free CNA & HHA equivalency
Sign on bonus

ADULT RESIDENCES

Brookdale Senior Living: Sterling House

Personalized Assistive Senior Living

Contact Information:

Cathy Knauff
101 Bundy Road
Ithaca, NY 14850
Ph: (607) 256-2580
Fax: (607) 256-2446
Email: cknauuff@brookdaleliving.com
Web: <http://www.brookdaleliving.com/>

Benefits:

Differential: Starting HHA \$11.50/hour.

Paid Time Off: Fulltime staff (32 hrs per week) get PTO (paid time off) which is combined sick time and vacation. PTO accumulates from date of hire but people are not eligible to use until after 6 months.

Paid holidays: There are also 5 paid holidays.

Health benefits are available. Employees have several packages available and they pay a portion of the cost.

Brookdale Senior Living: Clare Bridge

Specialized Memory Care Facility

Contact Information:

Julie Prentice
101 Bundy Rd.
Ithaca, NY, 14850
Ph: (607) 256-5094
Email: jprentice@brookdaleliving.com
Web: <http://www.brookdaleliving.com/>

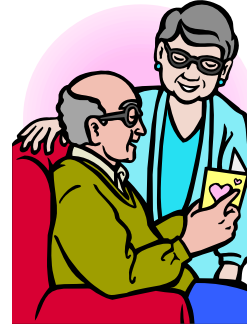
Contact the facility directly for information.

ADULT RESIDENCES

Bridges Cornell Heights

Contact Information:

Suzanne Welsh
407 Wycoff Ave
Ithaca, NY 14850
Ph (607) 257-5777
Email: office@bridgescornellheights.com
Web: www.bridgescornellheights.com



Bridges offers a exceptional employment opportunity, working in unique, charming homes for 15 or fewer residents with a chance for a meaningful life in a dignified environment where each is loved and appreciated.

We deliver premium care while treating our clients with dignity, compassion and respect, creating a healthy, natural environment and lifestyle for small groups of seniors where a sense of belonging, mutual support and family can naturally develop, and this environment naturally enfolds the staff as well.

Longview

Contact Information:

Sue Sammis, Human Resources Coordinator
Longview
1 Bella Vista Drive
Ithaca, NY 14850
Ph (607) 375-6300
Fax: (607) 375- 6301
Email: ssammis@ithaca.edu
Web: www.ithacarelongview.com

Contact the facility directly for information.

ADULT RESIDENCES/SKILLED NURSING FACILITIES

Kendal at Ithaca

Contact Information:

Janie E. Bibbie, Human Resources Director
2230 N. Triphammer Rd.
Ithaca, NY 14850
Ph.: (607) 266-5300
Email: jbibbie@kai.kendal.org

Kendal at Ithaca is a Quaker-based Continuing Care Retirement Community offering independent living in apartments and cottages, an adult home, a skilled nursing care facility, and home health care.

We believe that in order to be a good place to live, Kendal must be a good place to work. We operate with a team approach with written *Values and Practices*, provide restraint-free care, and are national leaders in the field of services for older people. Kendal is committed to a high quality work experience and continuing opportunities for personal and professional development. Please contact us for more information.

SKILLED NURSING FACILITIES

Beechtree Care Center

Contact Information:

Chris Donahue
318 S. Albany St
Ithaca, NY 14850
Ph (607) 273-4166
Fax: (607) 277-7004
Email: cbeeching@beechtreecarecenter.org
Web: www.beechtreecarecenter.org

The Beechtree Care Center is proud to have served a vital role in the Ithaca community for over 85 years. Throughout the home's history, our mission has been to endure that each resident achieves and maintains the highest quality of life possible. This is done through our dedicated staff so Beechtree Care Center is continuously looking

for qualified CAN's, RN's, and LPN's. If you think you might be interested in joining our compassionate and caring team, we would like to hear from you. Stop by to complete an employment application between 9-5 weekdays.

SKILLED NURSING FACILITIES

Groton Community Health Care Center

Contact Information:

Sherry Murray
120 Sykes St.
Groton, NY 13073
Ph (607) 898-5876 ext. 258
Email: smurray@cortlandregional.org

Groton Nursing Facility is a not-for-profit residence, dedicated to quality living and services for those who need help with their care or rehabilitation.

We pride ourselves on being a "small home with a big heart." The nursing facility can house up to 80 residents on our two floors, with care being provided around the clock. Being one of the smaller facilities in the area allows our staff to develop meaningful relationships with the residents in our care, and with their families.

We provide personalized short term and long term care. For those who need short term restorative services, we offer physical, occupational and speech therapies. Our goal is to help these individuals live more independently, either at home or in a community setting that suits their needs. We also provide loving care for those who need long term placement or palliative care.



SKILLED NURSING FACILITIES

Cayuga Ridge

Contact Information:

Doris Kuszniir, Nursing Director
1229 Trumansburg Rd
Ithaca, NY 14850
Ph (607) 273-8072
Web: cayugaridge.org

Contact the facility directly for information.

Oak Hill Manor

Contact Information:

602 Hudson St
Ithaca, NY 14850
Ph (607) 272-8282

Contact the facility directly for information.



ADDITIONAL OPPORTUNITIES

Finger Lakes Independence Center

Consumer Directed Personal Assistance Program (CDPAP)

Contact Information:

Cheryl Baker
215 Fifth Street
Ithaca, NY 14850
Ph: (607) 272-2433
Email: flic@clarityconnect.com

CDPAP provides personal assistance services for individuals who qualify for that service and wish to remain at home. This program allows the consumer more control over the services they receive and who provides this service. The patient is the one who finds, chooses and supervises their own aide.

The Finger Lakes Independence Center and the Tompkins Care Connection (607-274-5222) coordinate the CDPAP program which is designed to enable the independent person with a disability to have more participation and selection in their personal assistant care.

Salary/Wages: Starting pay \$8.10 to 8.35 per hour. There are no benefits or reimbursement for travel.

Patients must be eligible for Medicaid assistance, reside in Tompkins County, be eligible for personal care services, or long term home health care program services as determined by an assessment. The patient must be able and willing to make informed choices regarding the type of quality of home care services to be provided and to participate in the selection, supervision, evaluation and termination of personal assistants.

If you are interested in providing service within this program, you do not need to have any certification; the patient is the one responsible for deciding about the quality of care that you provide.

Finger Lakes Independence Center

Registry Program

Contact Information:

Cheryl Baker
215 Fifth Street
Ithaca, NY 14850
Ph: (607) 272-2433
Email: flic@clarityconnect.com

If you live in or around Tompkins County and you are interested in taking care of someone in their home we are looking for Caregivers. The Registry is a program that matches people in Tompkins County that need in-home workers with the individuals able to work in people's homes. When a request for service has been received from a Consumer, the Registry provides names of Caregivers whose skills and avail ability have the potential to match the Consumer's needs.

Payment is made directly from the Consumer to the Caregiver.

Registry Services include: housecleaning, companion ship, assistance with dressing, eating and walking, laundry, pet care, cooking, scheduling appointments, moving, running errands, driving, yard work, etc.



Put us to work for you

Looking for a New Job or a New Career?

Knock on Our Door First!

At Tompkins Workforce New York, we have everything you need to make your employment search easier, including:

- Computerized job matching and job search tools
- Career resource libraries
- Training opportunities

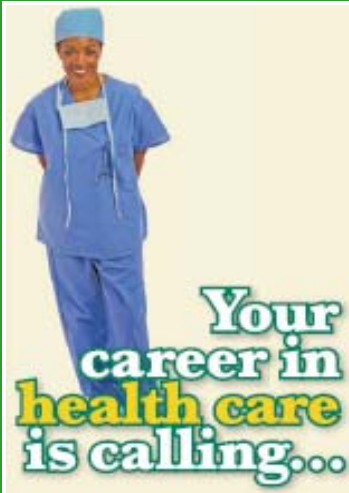
Tompkins Workforce New York also has connections with local businesses - when they need professionals and skilled workers who are ready, willing and able to work, they turn to us.

Let's Get to Work!

Our professionals are ready to help you find the right job.

Call today!

**Tompkins Workforce New York Career Center
Center Ithaca, 171 E. State Street
Ithaca, NY 14850
607-272-7570
www.TompkinsWorkforceNY.org**



Interested in a career in health care?

CNYAHEC can help YOU explore health care career opportunities in Central New York!

CNYAHEC specializes in health care workforce development through:

- Trainings and workshops
- Continuing education
- Community partnerships

My Health Career[®] is a health careers exploration website that provides information on hundreds of health care careers, including the skills, training, and academic requirements you need to succeed!



www.cnyahec.myhealthcareer.org

The Central New York Area Health Education Center
10 Kennedy Parkway
Cortland, NY 13045
(607) 756-1090
www.cnyahec.org



Tompkins Cortland Community College



Nursing Program

Although the College has an open door admissions policy, admission to the nursing program is selective. Admissions decisions are made by members of the nursing faculty working together with the admissions office. Admissions decisions are based on high school or college grade average (whichever is more recent), grades in required science and math courses, and a personal statement of application. An interview and/or entrance exam may be required.

TC3's nursing degree program is accredited by the:

National League for Nursing Accrediting Commission, Inc.

&

NYSED
Office of the Professions
Division of Professional Licensing Services

Learn more today:

www.tc3.edu/enroll_svc/nursing.asp

Admissions Office Hours

Monday, Wednesday, Friday 8:30 a.m.–4 p.m.
Tuesday 8:30 a.m.–6 p.m.
Thursday 9 a.m.–4 p.m.

A COLLEGE *of* THE STATE UNIVERSITY *of* NEW YORK

Tompkins Cortland Community College
170 North St, P.O. Box 139, Dryden, NY 13053
1.888.567.8211–1.607.844.8211

Caring from the Heart

*“My aide lifts my spirit
as well as my body”*



Compiled by:
The Tompkins County Office for the Aging
and the Health Planning Council, a program of the
Human Services Coalition of Tompkins County

November 2012