

**SPECIALIZED HEALTH PROGRAMS
FOR SENIORS
in Tompkins County**

Other titles in the booklet series:

1. Housing for Seniors in Tompkins County
2. Long Term Support Services in Tompkins County
3. Financial and Legal Resources for Seniors in Tompkins County
4. Leisure Time Activities for Seniors in Tompkins County
5. Specialized Health Programs for Seniors in Tompkins County
6. Resources for Caregivers in Tompkins County

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INFORMATION ABOUT AVAILABILITY OF MEDICAL AND HEALTH CARE

Medical Society of Tompkins County

Physician Referral Service

Cayuga Medical Center at Ithaca

101 Harris B. Dates Drive, Ithaca 274-4600

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

Caregivers' Resource Center & Alzheimer's Unit

Tompkins County Office for the Aging

320 North Tioga Street, Ithaca 274-5492

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

Mental Health Association in Tompkins County

225 South Fulton Street, Ithaca 273-9250

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

Hospital

Convenient Care Center

10 Arrowood Drive, Ithaca 274-4150

Located on Warren Road, near BOCES, this branch of the Cayuga Medical Center at Ithaca offers non-emergency walk-in medical services. Also provides outpatient services, including mammography, X-ray, Dexas scans, laboratory, physical therapy, and more.

Cayuga Medical Center at Ithaca

101 Harris B. Dates Drive, Ithaca 274-4011

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

DISEASE-ORIENTED SERVICES

Aging Issues

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

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

Tompkins County Senior Citizens' Council
119 West Court Street, Ithaca..... **273-1511**

The Council is a private not-for-profit organization run by seniors for seniors. The Council exists to improve the quality of life for older people through recreation, education, advocacy, volunteerism and health insurance counseling. The Center's Health Committee addresses the special health needs of senior citizens through advocacy and periodic health forums.

Alcoholism

Alcoholics Anonymous(AA) **273-1541**

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

Al Anon..... **274-9422**

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

Alcoholism Council of Tompkins County
201 East Green Street, Suite 500, Ithaca **274-6288**

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

Alzheimer's Disease

Alzheimer's Support and Information
Caregivers' Resource Center & Alzheimer's Unit
Tompkins County Office for the Aging
320 North Tioga Street, Ithaca..... **274-5492**

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

Alzheimer's Association of Central New York (Alzheimer's Disease and Related Disorders Association)

441 West Kirkpatrick Street

Syracuse, New York 13204 1-800-339-4177

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

Alzheimer's Association National Office

919 North Michigan Avenue

Suite 1100

Chicago, Illinois 60611 1-800-621-0379

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

Alzheimer's Disease Education and

Referral Center 1-800-438-4380

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

Alzheimer's Disease Assistance Center

SUNY Health Science Center at Syracuse

750 East Adams Street

Syracuse, New York 13210 315-464-6097

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

Alzheimer's Disease Assistance Center

School of Nursing

SUNY Binghamton

Binghamton, New York 13901..... 607-777-6636

The Center in Binghamton provides similar diagnostic, counseling, and educational services as the ADAC in Syracuse. This ADAC routinely schedules their first appointment in the client's home, and covers Tompkins County. This may be particularly helpful for a person who is unwilling or unable to travel, or who does not recognize his/her need for help.

Arthritis

Arthritis Swim Program..... **257-0101**
This swim program run by the YMCA provides low-impact aerobics for arthritis sufferers. A fee is charged.

Arthritis Foundation of Central New York
Pickard Bldg.; 5858 E. Moloy Rd. #123
Syracuse, NY 13211..... **1-800-870-1771**
Distributes information related to prevention and control of arthritis, gout, and rheumatic diseases.

Blindness

(See Visual Impairments)

Breathing Problems

(See Lung Diseases)

Cancer

Cancer Support Group **274-4101**
(Ask for Social Work Department, Contact person: Angela Grace)

This group offers peer support to cancer patients and their families and friends. Educational information is offered in a variety of related topics. The program includes support groups for cancer patients of all types and their caregivers.

American Cancer Society
57 Front Street, Binghamton, NY 13905 **722-6471 or**
..... **1-800-725-3181**

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

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

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

Cancer Information Service **1-800-4CANCER**
Answers cancer-related questions and sends free printed materials on all types of cancers and caregiving.

Ithaca Breast Cancer Alliance (IBCA)
100 West Seneca Street, Ithaca..... **277-0960**
The Ithaca Breast Cancer Alliance (IBCA) is dedicated to providing support, information, and advocacy for seniors and others diagnosed with breast cancer or going through a breast cancer scare. Services include support groups, referral services, an information network of breast cancer survivors, a 24 hour hotline, and a comprehensive library on breast cancer and breast health. All services are free. Web page www.ibca.net, hot line is 277-9410 and office is 277-0960. The office is open weekdays.

Caregiving Issues
(Also See Resources for Caregivers Booklet)

Caregivers' Support Group
Caregivers' Resource Center & Alzheimer's Unit
Tompkins County Office for the Aging
320 North Tioga Street, Ithaca..... **274-5492**
Currently four support groups for caregivers meet monthly, at the Office for the Aging. Call David Stoyell for more information.

Caregivers' Resource Center & Alzheimer's Unit
Tompkins County Office for the Aging
320 North Tioga Street, Ithaca..... **274-5492**
Provides information and support to individuals caring for an aging or developmentally disabled relative or friend, near or far, or caring for an older adult inside or outside their home. The goal of the Center is to help caregivers provide quality care to older or developmentally disabled persons while also maintaining the quality of their own lives and the lives of their other family members. Services provided include information and referral to local resources and services, caregiver training programs, support groups, caregivers' newsletter and other publications, and individual counseling. Books and videos are available for free loan. Brochures available free of charge.

**Caregiver Counselor/Respite
Family & Children's Service**

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

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

Deafness
(See Hearing Impairments)

Death & Dying / Bereavement / Widows

Bereavement Support Group

172 East King Road, Ithaca, NY 272-0212

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

Survivors of Sudden Death

Support Group..... 274-4498

Ask for the Community Relations Department. There is help for adults who have lost a loved one unexpectedly. This group meets twice monthly and is sponsored by the Cayuga Medical Center.

After Suicide Support Group 272-1505

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

Women's Opportunity Center

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

The Center offers women who are divorced, separated, widowed, in transition, and/or single parents an opportunity to give each other emotional and practical support. The main focus of the center is to help women become economically self-sufficient. The center provides help with resumes, cover letters, and general employment assistance.

Hospicare

172 East King Road, Ithaca..... 272-0212

Hospicare is a program of comprehensive home care for terminally ill patients and their families. The program includes home care services, bereavement services, emotional, psychological and spiritual support to the patient and to family members, respite services, financial and legal counseling, and provision of medical supplies, drugs and equipment. Speakers and educational materials available upon request.

National Hospice and Palliative Care

Organization Helpline **1-800-658-8898**

Provides information on hospice care and hospice programs across the U.S. www.nhpco.org

Diabetes

American Diabetes Association

Upstate New York Regional Office **1-315-488-9464**

This chapter office provides educational literature and information on diabetes.

Disabilities

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

Drug Abuse

Narcotics Anonymous **1-888-677-8810**

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

Health Care at Home

(See Long Term Support Services Booklet)

Heart Disease / Stroke

Stroke Support Club **277-8020**

The purpose of this group is to provide supportive, educational, and social opportunities for stroke survivors and their caregivers. Contact Joseph Zanfordino.

National Stroke Association

300 E Hampden Ave., Suite 240

Englewood, Colorado 80110-2622 **1-303-649-9299**

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

Heartmates of Tompkins County..... 387-5855

This group promotes the well-being of heart patients and their families by helping them to cope better with the anxieties associated with heart disease and heart surgery.

National Institute of Neurological Disorders and Stroke

For information:

BRAIN (Brain Resources and Information Network)

PO Box 13050

Silver Springs, MD 20911 301-496-6751 or 1-800-352-9424

..... **www.ninds.nih.gov**

Information on strokes and other neurological disorders.

American Heart Association 1-800-242-8721

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

Healthy Heart/Health Promotion Program

401 Harris B. Dates Drive, Ithaca 274-6710

This program provides education and support to community organization to provide behaviors and actions conducive to a health lifestyle. They also do community presentations and worksite blood pressure programs.

Lung Diseases

Easy Breathers

American Lung Association of

Central New York..... 315-422-6142

Cayuga Medical Center at Ithaca

Cardio-Pulmonary Department..... 274-4193

Easy Breathers is an educational series offered in the spring and fall for people who suffer from chronic obstructive pulmonary diseases, such as chronic bronchitis and emphysema. This group encourages family members to attend.

Mental Health Programs

Mental Health Emergencies

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

Suicide Prevention and Crisis Service 272-1616

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

Tompkins County Mental Health Clinics

201 East Green Street, Ithaca..... 274-6200

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

Tompkins County Department of Mental Health Services

201 East Green Street, Ithaca..... 274-6200

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

Mental Health Association in Tompkins County

301 South Geneva Street, Ithaca..... 273-9250

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

Mental Illness

Finger Lakes Alliance for the Mentally Ill

104 East Lewis Street, Ithaca..... 273-2462

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

National Foundation for Depressive Illness..... 1-800-248-4344

Mental Retardation / Developmental Disabilities

New York State Developmental Disabilities Services

1257 Trumansburg Road, Ithaca..... 273-0811

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

Caregivers' Resource Center & Alzheimer's Unit

Tompkins County Office for the Aging

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

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

Multiple Sclerosis

Finger Lakes Area Multiple

Sclerosis Group..... 272-6045

This group meets monthly to provide support and information to people with Multiple Sclerosis and to their families and friends.

National Multiple Sclerosis Society

Upstate NY Chapter..... 1-800-733-5385

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

Parkinson's Disease

American Parkinson Disease Association 1-800-223-2732

Will send informational pamphlet series on Parkinson's disease.

National Parkinson Foundation..... 1-800-327-4545

Publishes The Parkinson Report quarterly. Will send informational pamphlets.

Parkinson's Education Program..... 1-800-344-7872

Provides free brochures and referrals. Sells books and videos on Parkinson's Disease and caregiving.

Parkinson's Support Group

Caregivers' Resource Center

Tompkins County Office for the Aging

320 North Tioga Street, Ithaca..... 274-5432

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

Speech Impairments
(see Hearing Loss)

Stroke
(see Heart Disease)

HEARING LOSS / SPEECH IMPAIRMENTS

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

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

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

Sir Alexander Ewing Ithaca College Speech and Hearing Clinic

Ithaca College, Smiddy Hall, Ithaca 274-3714

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

Finger Lakes Independence Center

Suite 112, 609 West Clinton Street

Clinton West Plaza, Ithaca..... 272-2433

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

American Speech-Language-Hearing

Association 1-800-638-8255

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

Better Hearing Institute 1-800-327-9355

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

Hearing Aid Society Helpline **1-800-521-5247**

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

National Hearing Aid Bank **1-800-648-HEAR**

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

VISUAL IMPAIRMENTS / BLINDNESS

Finger Lakes Independence Center

609 W. Clinton Street, Ithaca **272-2433**

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

Friendly Visitors' Program

Tompkins County Office for the Aging

320 North Tioga Street

Ithaca, NY 14850..... **274-5491**

Matches volunteers with the frail elderly for weekly social visits, assistance with reading, writing, walks, etc.

Blind Work Association, Inc.

55 Washington Street

Binghamton, New York 13901..... **724-2428**

The Blind Work Association is a private organization which provides service to the legally blind of all ages: counseling to adjust to loss of vision, social casework to link the individual to other services, independent living skills training, cane travel instruction, vocational counseling, sheltered employment and training through a workshop program, volunteer services and visual screenings at local sights. Home visits available. There is no fee for the above services.

N.Y. State Commission for the Blind and Visually Handicapped

Department of Social Services

333 E. Washington Street

Syracuse, New York 13202 **315-428-4147 or 607-721-8292**

The Commission offers home teaching services which include mobility instruction (ranging from how to get around without hurting oneself to independent travel with a cane), self-care, homemaking, communication skills, vocational training, counseling and guidance to legally blind residents of New York State.

No fee is charged.

New York State Office of Vocational & Educational Services for Individuals with Disabilities (VESID, formerly Office of Vocational Rehabilitation)
244 West Water Street
Elmira, New York 14901 1-800-888-5020

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

American Foundation for the Blind
15 West 16th Street
New York, NY 10011212-620-2147
Pamphlets and information on aging and vision, low vision, diabetes, and cataracts. Catalogue of products for the visually impaired.

National Eye Care Project..... 1-800-222-EYES
This program is designed to bring needed medical eye care to disadvantaged elderly. It provides access to an eye physician for U.S. citizens and legal residents 65 and over without access to an ophthalmologist they have seen in the past. This program deals with medical eye diseases, not with providing eye glasses. Medicare assignment and insurance coverage are accepted as payment in full. For the truly needy with no Medicare coverage, care is offered without charge. Information on eye diseases affecting the elderly is sent to all interested callers.

Tompkins County Public Library
101 East Green Street, Ithaca 272-4555
Fiction and non-fiction books printed in large type are on open shelves. Unabridged books are available on cassettes. Reference materials include books on where to buy visual aids.

Finger Lakes Library System
101 East Green Street, Ithaca 273-4074
The following materials are available through local public libraries: books by mail for homebound (55 years or older, disabled, or isolated, etc.), books on tape and videos. Books are available in large print or regular print. Application for the Talking Book and Braille Library are also available.

New York State Library for the Blind and Visually Handicapped
Cultural Education Center
Albany, New York 12230..... 1-800-342-3688
Free talking books on disc or cassette, disc and cassette machines, braille books, magazines on tape, music, and accessories are available by mail, postage-free. Call for application.

Telephone Access 1-800-555-5000

Free dialing assistance and exemption from directory assistance charges can be obtained from the Verizon Phone Company for visually or physically handicapped persons. Call the above number to arrange for this service.

American Federation for the Blind 1-800-AF-BLIND

National Center for Sight 1-800-221-3004

PHYSICAL IMPAIRMENTS / DISABILITIES

Agencies:

Finger Lakes Independence Center

609 W. Clinton Street, Ithaca272-2433(VOICE/TTY)

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

New York State Office of Vocational & Educational Services for Individuals with Disabilities (VESID, formerly Office of Vocational Rehabilitation)

244 West Water Street

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

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

On Target of Central New York

PO Box 173, Ithaca..... 273-2938

On Target is a self-help volunteer group, which provides peer counseling, information and referral and networking services. Limited home visits made. No charge.

Project Link

Center for Assistive Technology

515 Kimball Tower

University at Buffalo

3435 Main Street

Buffalo, NY 14214-9980 1-800-628-2281

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

Equipment Loan / Purchase:

American Cancer Society
57 Front Street
Binghamton, NY 138271-800-725-3181 ext. 401

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

Finger Lakes Independence Center
609 West Clinton Street Ithaca 272-2433
A short-term loan closet for wheelchairs, canes, walkers, portable ramps, TDD, closed caption decoders, phone amplifiers, Braille machines, electronic magnifying device, bathroom safety equipment, etc. with a refundable deposit.

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

Equipment Loan Fund for the Disabled
Office of Children's and Family Services
52 Washington Street
Rensselaer, NY 12144.....518-474-0197
Low interest loans available to disabled New York State residents to purchase equipment to assist daily living. Wheelchairs, ramps, van lifts, TTD's, prostheses, etc. Amounts available range from \$500 to \$4,000. interest charged at 8%

TRAID-IN..... 1-800-522-4369
The TRAIID-IN Equipment Exchange Service is a free statewide service which connects individuals with disabilities, searching for an affordable means to acquire needed devices, with people who have devices they wish to see or donate.

Parking Permits:

Ithaca City Clerk
City Hall; Green Street, Ithaca274-6570 or

Your Town or Village Clerk

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

301 3rd Street, Ithaca.....273-7187

Permanently disabled individuals can obtain license plates marked with the "handicapped" sign for one-time charge of \$8.50. A doctor's statement, insurance card and your old plates must accompany your application.

..... INFORMATION ON OTHER DISEASES

Amyotrophic Lateral Sclerosis

Association ("Lou Gehrig's Disease") 1-800-782-4747

Brain Injury Association..... 1-800-444-6443

Epilepsy Foundation of America 1-800-332-1000

Huntington's Disease Society	1-800-345-4372
National Foundation for Ileitis and Colitis Inc.....	1-800-343-3637
Impotence Information Center.....	1-800-543-9632
Simon Foundation (for Incontinence).....	1-800-237-4666
American Kidney Fund	1-800-638-8299
National Kidney Foundation	1-800-622-9010
American Liver Foundation	1-800-223-0179
Lupus Foundation.....	1-800-558-0121
Muscular Dystrophy Association (Binghamton).....	723-7431
Myasthenia Gravis Foundation	1-800-541-5454
United Ostomy Association	1-800-826-0826
Prostate Information Line	1-800-543-9632
National Organization for Rare Disorders	1-800-447-6673
National Rehabilitation Information Center.....	1-800-346-2742
National Spinal Cord Injury Hotline.....	1-800-826-0826