

Long Term Support Services
in Tompkins County

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

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INTRODUCTION

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

In general, these services are either in-home or residential. It is important to investigate and discuss options with family and friends in order to make the best choices. Both public and private agencies provide medical and social assistance. Seniors may only require services such as home delivered meals or they may need the complete medical and therapeutic services of a long term care facility. All the housing arrangements described in this booklet are licensed to provide service.

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

ADULT DAY PROGRAMS

Longview Adult Day Community

Many Tompkins County families have grown to include grandparents. But with today's busy, two-career lifestyle, it's often impossible for someone to be home all day providing companionship and ensuring the safety and security of older adults. **Longview's Adult Day Community** is one possible solution. The daily \$38 fee includes personal supervision, recreational programs and medication management, as well as morning and afternoon snacks and a hot, nutritious lunch. For a brochure, or if your loved one needs to be part of **Longview's Adult Day Community**, contact:

Marilyn Strassberg, Director of Residential Services
Longview
1 Bella Vista Drive
Ithaca NY 14850

375-6323

FINANCIAL ASSISTANCE

Tompkins County Department of Social Services

Adult and Long Term Care Services

A wide range of services is available to individuals over the age of 18 who meet certain criteria. These services aim to maintain people in the community and maximize their capacity for self-direction and self-care.

Caseworkers can provide and coordinate services to promote effective functioning for an individual in the community. Such services may include: help with locating medical, drug and alcohol services, vocational rehabilitation, adult homes and other facilities, help with home management, budgeting and financial management, and homemaker services.

Some services are provided without regard to income, while others are based on income level or Medicaid eligibility. Protective services are provided without regard to income.

Adult and Long Term Care Services

Human Service Building
320 W. State Street
Ithaca NY 14850 274-5323

Other Financial Resources for Seniors

EPIC (Elderly Pharmaceutical Insurance Coverage)	800-332-3742
Food Stamps	274-5244
HEAP (Home Energy Assistance Program)	274-5482
Home Repairs	274-5487
Income Tax Counseling (RSVP)	277-4545
Ithaca Memorial Society (Low-cost funeral planning)	273-8316
Lifeline (Verizon Telephone Discount)	1-800-555-5000

(or call your local telephone office)

Medicaid <i>(Note: Seniors with income under \$1,017/month, or \$1,364 for a couple, can have Medicaid pay their monthly Medicare B premiums for them regardless of what assets are owned.)</i>	274-5359
Medicare	256-3651 or 1-800-772-1213
New York State IT-214 (Real Property Tax Credit)	274-5482
Partial Property Tax Exemption and STAR Exemption	274-5517
Project Share (Energy Bills/Power Partners Program Weatherization)	273-1900
Public Assistance	275-5257
Rental Assistance	
Housing Choice Voucher Program	273-1244 and 273-8816
Public Housing	273-8629
Govt. subsidized senior apartment complexes	274-5492
Reverse Mortgage Counseling	274-5492
Senior Citizen's Discount Card	273-1511
Social Security Administration	256-3651 or 1-800-772-1213
SSI (Supplemental Security Income)	274-5482
Telephone Cable Discount (City of Ithaca only)	272-7875
Veteran's Benefits	272-1084
Weatherization	274-5487

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

HOUSING AND HOME REPAIRS

Housing Options for Seniors Today (HOST)

HOST is sponsored by the Office for the Aging along with Cornell Cooperative Extension of Tompkins County. HOST offers education and counseling for all types of housing options. It runs a Homesharing program and Reverse Mortgage Counseling Service for Tompkins County senior citizens. It also provides tenant services to the Elder Cottage Lease Program operated by Better Housing of Tompkins County, Inc. Staff will also consult about home adaptations. There is no charge for its services although voluntary contributions are welcome.

HOST Program/Tompkins County Office for the Aging
320 North Tioga Street
Ithaca NY 14850
274-5492 (David Stoyell)
For Homesharing, call 274-5491 (Trina Schickel)

American Red Cross

The **American Red Cross**, with its chapter house located at 201 West Clinton Street in Ithaca offers programs in three service areas: emergency, health and homeless services. **Project Share** is an annual grant for residents who have exhausted all other forms of funding. The Red Cross and NYSEG annually assist fifty to seventy-five elderly, disabled or medically troubled people with emergency assistance for energy bills, weatherization or repair of essential equipment. The Red Cross does the casework to determine if the assistance is needed. The chapter operates **one temporary shelter** which provides housing for the homeless and one community food pantry. To find shelter or food call the hotline, 273-9177.

Tompkins County Chapter/American Red Cross
201 West Clinton Street
Ithaca NY 14850 273-1900 Fax: 273-7146

Tompkins County Home Repair Program

The **Tompkins County Home Repair Program** is a county-wide program providing minor home repairs, especially those related to health and safety, for seniors and disabled persons. The client provides materials; the labor is furnished at no cost. Partial funding of the program is provided by the New York State Office for the Aging through the Tompkins County Office for the Aging.

Better Housing for Tompkins County
100 West Seneca Street
Ithaca NY 14850 273-2187

Weatherization

A **weatherization** program to help low-income homeowners and renters save on energy and energy costs is available from:

Tompkins Community Action
701 Spencer Street
Ithaca, NY 14850 273-8816

The **WRAP (Weatherization Referral & Packaging) Program** is designed to assist low-income senior citizens to address an assortment of energy and health and safety related home repair needs. The WRAP liaison is available to help the client assess the work to be done, work through any applications, obtain contractors' bids, and to coordinate work done by several agencies.

WRAP - Tompkins County Office for the Aging
320 North Tioga Street
Ithaca NY 14850 274-5487 (Gladys Brangman)

IN-HOME ASSISTANCE

Public Programs Providing In-Home Care

Long Term Care Services of Tompkins County (LTCS)

Long Term Care Services of Tompkins County is a single access unit located at the Tompkins County Department of Social Services. LTCS provides information, referral, assessment and case management at no cost to all Tompkins County residents with long term care needs, such as home care or a more supportive living environment. Any Tompkins County resident can request a home assessment to assist them in determining their long term care needs. LTCS provides assistance with nursing home placement including the State-mandated Patient Review Instrument (PRI). LTCS also provides home care services through EISEP and Medicaid:

EISEP (Expanded In-home Services for the Elderly Program) provides non-medical, in-home services and case management for people 60 and over who can be cared for safely at home. Home care services include help with bathing, dressing, cooking, shopping, laundry, and housekeeping. The case manager will arrange for and monitor these services to make sure they are meeting the client's needs. Clients pay for services on a sliding scale based on their income and housing expenses. There is no charge for case management.

Medicaid Home Care provides a variety of home care services to Medicaid clients. Medical need must be documented by a physician. Caseworkers and nurses, under a doctor's order, jointly coordinate in-home personal care and home health aide services to people who receive

Medicaid. Services are provided without regard to age.

Long Term Care Services
320 W. State St.
Ithaca NY 14850 274-5278

Long Term Home Health Care Program

The **Long Term Home Health Care Program** provides coordinated home care services to recipients who are otherwise medically eligible for care in an institutionalized setting. Services may be provided to Medicaid recipients who have been assessed as in need of skilled nursing or health related care. Services provided are nursing, medical, social services, home health aides, personal care aides, nutrition, medical supplies and equipment, and all other therapeutic and related services. Acceptance into the program will be based upon the plan of care, and the cost will not exceed 75% of the monthly cost of institutional care. This program is sometimes called Nursing Home Without Walls.

Visiting Nurse Service of Ithaca and Tompkins County, Inc. 710 W. Clinton Street Ithaca NY 14850	273-0466
or	
Long Term Care Services (see address above)	274-5278

Home Health Care Employment Registry

The Registry is a free listing and referral service that lists households needing in-home help. The Registry links these households with independent job seekers over the age of 18. In-home job seekers are listed after they are interviewed and their references are checked. People hired for in-home care are employees of the household. The Registry may suggest an average wage, but work arrangements and fees must be worked out between the family and the worker. The Registry lists jobs for personal care aides, cleaning personnel, companions, homemakers and nurses. Wages for personal care aides and companions usually range between \$8 and \$12 per hour. There is no fee for the matching service but contributions are welcomed.

The Registry
Women’s Opportunity Center
315 North Tioga Street
Ithaca NY 14850 277-7686

Home Care and Home Health Care Agencies

Home Care and Home Health Care Services are offered by the agencies listed in the following pages. Services may also be privately arranged. Home care may be scheduled as needed from several hours per week to 24 hours a day. Costs vary depending on the agency and the services performed. Generally, home care is provided by:

Registered Nurse (RN)

licensed by the State of New York to do specific medical care.

Licensed Practical Nurse (LPN)

licensed by the State of New York to do a lower level of medical care.

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

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

Homemaker - assists with home management activities such as meal preparation, shopping, etc.

Companion - visits and may provide escorting, assistance with shopping, and with running errands.

Hiring someone to provide care in the home, either from an agency or privately, is an individual decision. Home care agencies are responsible for training, scheduling, supervising, arranging for substitutes, and employee benefits for personnel they employ (when a family makes an employment agreement directly with the caregiver, its members assume these responsibilities). Payment is made by the family, a third party such as Medicaid, Medicare, or an insurance company.

CareGivers

CareGivers is a State Licensed Home Health Care Agency, which has been providing quality services since 1967. CareGivers provides Nurses, Home Health Aides, Personal Care Aides and Companion services, from 2 hours per day, once a week to 24 hours per day, 7 days a week. All services are supervised by a Registered Nurse, who does an initial patient assessment and ongoing evaluations at no additional charge.

CareGivers received accreditation with commendation from the Joint Commission on Accreditation of Healthcare Organizations.

<u>Service</u>	<u>Charges</u>
Nursing	\$26.00 - \$35.00 per hour
Personal Care Aide	\$15.50 - for minimum of 4 hours 16.50 - for minimum of 2 hours
Companion/Housekeeping	15.00 - minimum of 4 hours 16.00 - minimum of 2 hours
Nursing Assessment	Free of Charge

For more information, call 275-0238 or look us up on our web site at
<http://www.caregivershomecare.com>

CareGivers
225 S. Fulton St.
Ithaca NY 14850
275-0238
1-800-388-7971

Classen Home Health Associates, Inc.

Classen Home Health is a home care agency offering 24 hour a day Home Health Aide services and providing assistance with personal care needs. They will prepare meals, do laundry and perform light housekeeping at no additional expense. Also included in their services are routine visits by a registered nurse who will monitor health and perform blood pressure checks. If necessary a registered nurse will accompany the client to medical appointments and will act as a liaison to the physician.

Classen Home Health Aide rate is \$17.50/hour. Generally a minimum of four hours per visit.

Patricia and Elizabeth Classen
1212 Trumansburg Road
Ithaca NY 14850 277-1342

Community Health and Home Care, Inc.

Community Health and Home Care, Inc. (CHHC) provides support to those who need care in their residences. This is a not-for-profit licensed home care services agency that serves Tompkins County. All agency personnel are screened for honesty and certified to provide the level of care required in each client's individualized plan of care. CHHC is associated with the Visiting Nurse Service at the same address.

Services may be 2 to 24 hours in length any day.

<u>Services</u>	<u>Charge</u>
Home Care Worker-minimum 2 hour visit (includes PCA & home health aide or homemaker's companion level of care)	\$13.50/hr.
Nursing Assessment for Admission	\$30 - \$50
Private Duty Nursing	Negotiable

For more information call Monday - Friday 8 a.m. to 4:30 p.m.

Community Health and Home Care, Inc.
710 W. Clinton Street
Ithaca NY 14850 273-7780

Family & Children's Service

Family and Children's Service, a licensed, not-for-profit home care services agency, offers home health care through Home Health Aides and Personal Care Aides. The agency contracts with Tompkins County Home Health Care and Hospicare to provide home health care services.

Private care is available from the agency at the personal care level and home health aide level (each with a two-hour minimum per visit). Nursing assessments are also available. Nursing visits for supervision of employees providing care and follow-up are made with no charge to private pay patients. There is an additional charge for holiday service.

The agency also offers Respite Care and the services of an in-home caregiver counselor with funding the United Way and Community Reinvestment Funds and the Tompkins County Office for the Aging. Contributions are voluntary for both programs.

Personal Care Aide Rates:

4 or more hours: \$17.50/hour

3 or more hours: 18.50/hour

2 or more hours: 19.50/hour

(There is also a sliding scale rate for those who meet income eligibility requirements.)

Home Health Aide Service: \$23.60/hour

Family & Children's Service

Home Care Program

530 W. State Street

Ithaca NY 14850 277-8081

Fax: 277-8084

All Metro Health Care

All Metro Health Care, is a licensed home care agency providing a variety of in-home health care services to individuals in need. We can provide services 24 hours a day, 7 days a week in Cortland, Tompkins and Cayuga Counties. All Metro works closely with other agencies, such as Hospice and VNA to provide quality care services. Accepts credit card payments. Please call for more information.

Home Care Rates:

Visits of 3 hours or more: \$15.20/hour

Visits of less than 3 hours: \$18.20/hour

All Metro Health Care
4 Lincoln Ave., Suite #203
Cortland NY 13045

(607) 758-8776
1-888-453-9277

StafKings

StafKings is a home care agency offering a variety of nursing care services. A Registered Nurse is on call 24 hours a day, and there is 7 days a week service.

Costs for the various services are:

Personal Care Aide (PCA).....	\$16.50/hour
Licensed Practical Nurse (LPN).....	\$25.00/hour
Registered Nurse (RN).....	\$32.50/hour
Home Infusion Services.....	Call for rate

Pain Management
Nutritional Supplements
Antibiotic Therapy
Medication Administration
AIDS Treatments

* Initial nursing assessment at no cost.

StafKings Healthcare Systems
222 South Fulton Street
Ithaca NY 14850

273-5335
FAX: 273-1054

Tompkins County Home Health Care

The **Home Health Care Division** of the Tompkins County Health Department offers professional skilled nursing in the home.

The services offered include:

Skilled Nursing	Home Health Aide	Speech Therapy
Physical Therapy	Occupational Therapy	
Enterostomal Therapy	Home Infusion Services	

Fees can be covered by Medicare, Medicaid, Blue Cross and other insurance, or a sliding fee scale in appropriate situations.

Nursing Division
Tompkins County Health Department
Biggs Building B
401 Harris B. Dates Drive
Ithaca NY 14850 274-6656

Visiting Nurse Service of Ithaca and Tompkins County

This not-for-profit certified home health agency and long term home health care program provides hospital and long term care services in the home.

Services provided include:

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

Reimbursement comes from Medicare, Medicaid, and health insurance companies if conditions for coverage are satisfied. A physician orders the care through this Agency.

Services are available to Tompkins County residents 7 days a week, 24 hours per day. A registered nurse is available at all times for consultation.

Visiting Nurse Service of Ithaca and
Tompkins County, Inc.
710 West Clinton Street
Ithaca NY 14850 273-0466

Hospicare and Palliative Care Services

Hospicare and Palliative Care Services is a program of comprehensive home care for terminally-ill patients and their families. The program includes home care services, emotional, psychological and spiritual support to the patient and to family members, respite services, financial and legal counseling, and provision of medical supplies, drugs and equipment. Bereavement services are open to the community.

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

Hospicare and Palliative Care Services

172 East King Road

Ithaca NY 14850 272-0212

Fax: 272-0237

MEAL AND SHOPPING SERVICES

Congregate Meals Program (Foodnet)

The **Congregate Meals Program** is provided by **Foodnet**, a not-for-profit group that contracts with the Tompkins County Office for the Aging to operate the nutrition programs for the county. They provide meals and social time Monday through Friday at midday. Nutrition counseling and education is provided to individuals and groups. The sites for meals are conveniently located throughout the county, and are open to everyone over 60. A donation of \$2.75 is suggested for each meal, and food stamps are also accepted, but no one is denied a meal because of inability to make a donation.

The dining room locations are:

Ithaca	Titus Towers	273-5297
	Salvation Army	273-2400
Groton Center Village Court		279-9145
Lansing	Woodsedge Apartments	279-9146
Trumansburg	First Baptist Church	387-3015

Foodnet
2422 North Triphammer Rd.
Ithaca NY 14850
266-9553

Meals on Wheels

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

Eligibility

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

- Lack of facilities such as refrigeration, stove, etc.
- Inability to shop and cook for self
- Inability to safely prepare meals
- Lack of knowledge and skills

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

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

4. Foodnet Select: Other persons under age 60 are eligible to receive meals on wheels under the criteria listed in #1 above provided they purchase the meals under the Foodnet Select program or arrange for a third party to pay for the meals on their behalf.

Cost

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

Tompkins County and Foodnet established the **Foodnet Select** program with no state or federal funding in order to make Meals on Wheels available to more people and to help offset reductions in government grants. The **fee** is \$6 per hot meal, \$7 for a sandwich and hot meal. **Payment** for Foodnet Select meals must be made in advance unless special arrangements are made to bill a third party.

Stephen Griffin, Nutrition Program Director
Carolyn Arnold, Registered Dietitian

Foodnet
2422 North Triphammer Rd.
Ithaca NY 14850

Phone: 266-9553

Food Shopping Services

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

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

Food Shopping
Southside Community Center
305 South Plain Street
Ithaca NY 14850 273-4190

Other Food Shopping and Delivery Services

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

CAREGIVER SUPPORT SERVICES

Caregivers' Resource Center and Alzheimer's Support Unit

The **Caregivers' Resource Center**, a service of the Tompkins County Office for the Aging, provides information and support to individuals concerned about or caring for an aging relative or friend, living nearby or at a distance. The goal of the Center is to help caregivers provide quality care to older persons while also maintaining the quality of their own lives and the lives of their family members. The Center is also involved in identifying caregiver needs in Tompkins County, and in planning and advocating for new services on a local and statewide level. Services offered include:

Information & Referral	Counseling	Peer Support
Lending Library	Support Groups	Training Workshops

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

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

Some health information is provided to caregivers regarding the specific diseases and conditions of their loved ones. Referral is made to resources like the Alzheimer's Association, National Parkinson's Foundation, Commission for the Blind and Visually Handicapped and other health-related associations.

Caregivers' Resource Center

In-Home Caregiver Counseling/Consultation

The Home Care Program of Family and Children’s Service offers confidential consultation and support, at home or in the office, to caregivers and their families who would like the help provided by a professional in the field of caregiving. There is no charge for this service which is supported by United Way and Community Reinvestment Act funds. Contributions are requested to expand the service. *(See below contact information for the Home Care Program.)*

In-Home Respite Care Options

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

Home Care Program Family and Children’s Service

530 West State Street
Ithaca NY 14850 277-8081 (Lisa Kendall)

Other Home Care Agencies- 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 *(see pages 13-18)*. You may also be able to hire someone privately through **The Registry**, a service of the Women’s Opportunity Center *(see page 11)*.

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 30.)*

Out-of-Home Respite Care Services

Adult Homes

Short-term stays are allowed on a space-available basis in **Longview’s Adult Care Facility**, **Alterra Clare Bridge** (for dementia patients), **Alterra**

Sterling House as well as most of the smaller, **family-type, adult care homes** locally. 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. There are also other respite options (See pp. 32-33 for further information on the adult homes.)

Overnight Respite with Nursing 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 Medical Center Respite Services Program (274-4442) Minimum stay is 24 hours, with a maximum stay of two weeks. Respite guests are not admitted to the hospital, but can call on hospital staff for assistance with activities. Meals and accommodations are included in the per diem fee of \$185. Arrangements should be made well in advance, as respite is based on bed availability in the hospital.

Lakeside Nursing Home and the Reconstruction Home

Both accept short term admissions for respite purposes on a space-available basis. A nursing home assessment and doctor's orders are needed. Contact the nursing home a few days before the date respite care is needed (*see pages 35 and 36*).

Care Management

(The following offer professional help to assess an individual's need for long-term care, arrange for, and monitor delivery of services.)

Elderhelp Associates, Inc. (Private care managers)	272-6075
Long Term Care Services (EISEP/Medicaid programs)	274-5478

TRANSPORTATION

FISH Transportation Service

FISH volunteers provide essential transportation within Tompkins County for elderly, handicapped, or low-income individuals. This service is offered primarily for medically-related trips. It is best to call several days in advance in order to schedule transportation. Although there is no charge for this service, donations are accepted.

FISH Transportation Service, c/o The United Way
313 North Aurora Street
Ithaca NY 14850 1-866-255-6545

Gadabout Transportation Service

Gadabout provides demand-response transportation in Tompkins County to people 60 or over, and those with a disability. Most of its vehicles are wheelchair-lift equipped. Reservations must be made before noon the previous working day--earlier if possible. Trips can be for any purpose, with priority given to medical and nutritional necessities.

Outlying areas may be scheduled on the following days:

Caroline Tuesday and Thursday
Trumansburg/Enfield Thursday
Newfield Tuesday

All other areas can be worked in on a daily basis. Fare is \$1.00 one way within the city limits and \$1.50 one way outside of the city limits. Most of Gadabout's drivers are volunteers who have been trained and tested.

Gadabout Groton Gadabout
737 Willow Avenue Center Village Court
Ithaca NY 14850 200 West South Street
273-1878 (Judy Willis) Groton NY 13073
 898-4661 (Marie Bancroft)

ADA Paratransit Service

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

Those who qualify will receive a card allowing them to use the service, which covers a 3/4 mile-wide corridor on either side of regular bus routes, and operates within the same time frame as the public bus service.

Gadabout (273-1878) now operates the ADA Paratransit Service. Information on schedules, routes, and fares should be obtained from them. For further information, please contact:

TCAT
Ithaca Tompkins Transit Center:
277-9388, Ext. 450; TDD 277-9677 (Brenda Kuhn)

Airport Limousine Service

Senior Citizens can be picked up by the airport limousine and be taken to doctor's appointments in Syracuse at a reduced rate of \$55.00 (or offices near the airport). The limousine stops in the downtown area and goes on to the Syracuse airport to pickup clients there. It will not go out of the way to outlying areas of the city. Call ahead of time to arrange for pick-up at your home. Be sure to identify yourself as a "County Office for the Aging client" and ask for the reduced rate.

Airport Limousine Service
615 Five Mile Dr.

ADDITIONAL HOME SERVICES

Project CARE

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

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

Tompkins County Office for the Aging
320 North Tioga Street
Ithaca NY 14850 274-5491 (Trina Schickel)

Legal Assistance Program

Through a contract with the Office for the Aging, the Neighborhood Legal Service provides free legal advice on civil matters to Tompkins County residents age 60 or older. The **Legal Assistance Program** gives priority to those individuals with the greatest social or economic needs. Legal problems that are given high priority include establishing a power-of-attorney; the rights of nursing home residents; social security, SSI, Medicare and Medicaid appeals; and landlord/ tenant problems. Fee-generating and criminal cases are excluded by law. No fees are charged for program services. Contributions are voluntary and used to expand the service.

Tompkins County Office for the Aging
320 North Tioga Street
Ithaca NY 14850 274-5486 (Regina McGriff)

Personal Emergency Response System (PERS)

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 an emergency rescue dispatcher. The system will also activate itself if it has not been reset in 24 hours. This system provides around-the-clock protection, even if the person is unable to use the telephone.

The Office for the Aging Outreach Worker will make a home visit to demonstrate the system and determine how and where the equipment should be installed. PERS units are rented on a sliding scale depending upon income. Contact:

Tompkins County Office for the Aging
320 North Tioga Street
Ithaca NY 14850 274-5482

Protective Services for Adults

Protective Services are provided to adults over the age of 18 who, because of physical or mental impairment, are unable to manage their own resources or protect themselves from neglect or hazardous situations, and have no one able to help them. Services are available regardless of income level, and include prompt response and assessment and arranging or providing other services including social, medical, legal, mental health or in-home services.

If necessary, the Department of Social Services can serve as a representative payee for a person unable to manage her or his money. Referrals come from concerned individuals as well as agencies and people themselves. Referrals are confidential.

Tompkins County Dept. of Social Services
320 W. State Street
Ithaca NY 14850 274-5323

LONG TERM RESIDENTIAL PROGRAMS

Adult Care Facilities

(Larger Adult Care facilities are called "adult homes" and are licensed by the New York State Department of Health. Smaller, family-type homes are certified by the local Department of Social Services. Both provide meals, homemaking services, supplemental personal care, recreational programs and 24-hour support. No nursing services provided.)

Larger Adult Homes

Longview

Longview, an Ithacare community, operates an adult care facility as well as apartments for independent living. Longview also has unique intergenerational programming with Ithaca College.

For information, contact:

Marilyn Strassberg, Director of Residential Services
Longview
1 Bella Vista Drive
Ithaca NY 14850 375-6320

Alterra Clare Bridge

Clare Bridge is a memory care residence designed specifically to meet the needs of people with Alzheimer's or other dementia, and other memory impairments.

For information, contact:

Alterra Clare Bridge
101 Bundy Road
Ithaca, NY 14850 256-2580

Area Operators of Family-Type Homes

Patricia Allen

2240 Gee Hill Road
Dryden NY 13053
844-8006

Deer Haven

179 Tupper Road
Spencer NY (Town of W. Danby)
564-1880

Joanna Farkas

3358 Slaterville Road
Brooktondale NY 14817
539-6055

For a list of other family-type homes or larger adults homes within a 45 minute drive of Ithaca, call the Tompkins County Office for the Aging (274-5492) or Long Term Care Services of Tompkins County (274-5278).

Other Supportive Housing Options

Oak Hill Manor Cottage

Oak Hill Manor Cottage has 3 bedrooms and a common living room, dining room and kitchen. Meals, housekeeping and laundry are included in the daily rate of \$19 (residents are billed on a monthly basis). Residents can bring their own furniture if they wish. Physical therapy, recreational programming, religious services, and beauty parlor services are available at the nursing home, nearby. Residents must be independent in personal care, because there is no nursing service except in emergencies

Oak Hill Manor Cottage
602 Hudson Street
Ithaca, NY 14850 272-8282 (Nancy McGowan)

Assisted Care Homes (with Home Health Aide Service)

The following homes are not licensed adult care facilities. They provide meals, housekeeping, laundry, recreation services and other amenities as well as have an affiliated home health agency that can coordinate the delivery of home health aide service.

Alterra Sterling House
103 Bundy Road
Ithaca, NY 14850
256-2580

Bridges at Cornell Heights
403 Wycoff Avenue
Ithaca, NY 14850
277-1342

Classen Evergreen House
4461 Jacksonville Road
Jacksonville, NY 14854
277-1342

Classen Old Hundred House
704 Five Mile Drive
Ithaca, NY 14850
277-1342

Kendal at Ithaca Life Care Community

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

Director of Admissions
2230 Triphammer Road

Hospicare Residence

(See page 21 for information on Hospicare’s 6-bedroom residence for persons with terminal illness.)

Nursing Homes

Groton Nursing Facility

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

The rates are:

Private	\$204.40/day
Semi-private	\$189.74/day

Contact:

Director of Social Services
Groton Nursing Facility
120 Sykes Street
Groton NY 13073

898-5876

Fax: 898-3034

Lakeside Nursing Home

Lakeside Nursing Home provides two levels of skilled nursing care, with 160 spaces for a higher level of care, and 100 spaces for a lower-level of nursing care. A full range of therapeutic and rehabilitative services is available, including recreational therapy, speech therapy, physical therapy, occupational therapy, and social services.

The rates are:

Private	\$194/day
Semi-private	\$184/day

Lucia Sacco, Admissions Coordinator
Lakeside Nursing Home
1229 Trumansburg Road
Ithaca NY 14850

273-8072

Oak Hill Manor

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

The rates are:

Private	\$198/day
Semi-private	\$194/day

Nancy McGowan, Social Worker
Oak Hill Manor
602 Hudson Street
Ithaca NY 14850 272-8282

Reconstruction Home

The **Reconstruction Home** is a long term health care facility with living space for 120 people, which includes a 40-bed Alzheimer’s unit. The nursing facility provides 24-hour skilled nursing and rehabilitation services, planned activities programs, social work services, and a full range of therapeutic services.

The rates are as follows:

Private	\$193/day
Semi-private	\$186/day

Reconstruction Home
318 South Albany Street
Ithaca NY 14850 273-4166