

**Resources for Caregivers
in Tompkins County**

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

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INFORMATION & ASSISTANCE WITH DECISION-MAKING

The responsibilities involved in caring for a frail older person can be tremendous. Caregivers need to develop skills in a variety of areas in order to provide quality care to the elder. In addition, from time to time important decisions need to be made which impact upon the elder's life as well as the lives of caregivers and their family members.

Several organizations are available to provide caregivers with the information and support they need to provide quality care to an older or disabled person and make informed decisions that benefit everyone. The agencies listed below can also help with planning for caregiving, which can prevent or reduce some aspects of caregiver stress.

Caregivers' Resource Center

Tompkins County Office for the Aging (COFA)
(County Courthouse Basement)
320 N.Tioga Street, Ithaca, NY

274-5482

www.tompkins-co.org/cofa/ServicesforCaregivers.htm

Staff at the Office for the Aging provide information, referral, and counseling on a wide range of benefits and services for seniors. Services provided by COFA staff are free. Voluntary contributions are always welcome and are used to expand services. COFA is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Home visits can be arranged.

The **Caregivers' Resource Center (CRC)**, located at the Tompkins County Office for the Aging, provides information and support to individuals concerned about or caring for an aging or disabled relative or friend, near or far. The goal of the Center is to help caregivers provide quality care to older persons while also maintaining the quality of their own lives and the lives of their family members.

The Center offers information on caregiving in a variety of ways, including individual counseling, information and referral, caregiver training, a caregivers' newsletter and other publications, and caregivers fairs. *Powerful Tools for Caregivers*, a six-week series of classes for family caregivers, are offered at various times and locations during the year. Books and videos on caregiving are available for free loan and brochures are available on a variety of health issues affecting older people and their caregivers. All services are free of charge; however contributions are always welcome to expand the service.

Three caregiver support groups are currently active that are facilitated by Caregivers' Resource Center Staff (Alzheimer's Group, "Caring for Aging Parents" Group, and a Parkinson's Group). Many other disease-specific support groups exist in the county (see page 41). The Center helps caregivers find a support group and works with other agencies to develop additional groups as needed. For further information, contact the CRC Coordinator: David Stoyell, 274-5492.

Project CARE

Volunteers provide respite and assistance to caregivers who are caring for someone with difficulty with two or more activities of daily living (e.g., dressing, bathing, continence, transferring) or for someone who is in need of substantial supervision because of cognitive impairment. For further information, contact Katrina Schickel at 274-5491.

Tompkins Care Connection (*formerly Long Term Care Services*)

Human Service Building

320 West State Street

Ithaca, NY 14850

274-5278

www.tompkins-co.org/dss/ltc

Tompkins Care Connection makes home visits to help people and their families determine the services that are needed. Referrals come from a variety of agencies, families, the hospital, or the person her or himself. Home visits are scheduled at a time that is convenient for both the person and family members. The Coordinator can assist in the planning and coordination of in-home services, or applications for nursing homes. There is no charge for this service, but contributions are encouraged.

Family and Children's Service—Caregiver Counseling

127 West State St. and 204 North Cayuga St.

(Lisa Kendall)

Ithaca, NY 14850

277-8081

www.fcsith.org

Offers caregiver counseling and consultation in your home or office (see p.8 for more complete description of their services.)

CARE MANAGEMENT

Care management (case management) offers professional help to assess an individual's need for long-term care, and then locates, arranges, and monitors those services. Care managers can coordinate the various health and social services needed to care for the individual, when family and friends cannot provide all the help that is needed.

The cost of a private geriatric care manager can vary widely, and usually includes an initial assessment fee and an hourly rate.

Elderhelp Associates, Inc. (Kay Friedlander)

PO Box 4062

277-5337

Ithaca, NY 14852-6075

www.elderhelpassociates.com

Elderhelp is a private care management service based in Ithaca.

Family and Children's Service Home Care Program (Ann Rider)

127 West State St. and 204 North Cayuga St.

277-8081

Ithaca, NY 14850

www.fcsith.org

Geriatric care manager on a fee-for-service basis.

Geriatric Care Management (Trudy Cedar)

Website: www.cedargcm.com

279-8784

Geriatric Care Management is a private care management service based in Dryden.

Tompkins Care Connection (*formerly Long Term Care Services*)

Human Services Building

320 West State Street

274-5278

Ithaca, NY 14850

www.tompkins-co.org/dss/ltc

Provides initial assessment and assistance in arranging services for all seniors without regard to income. Provides ongoing care management only for seniors receiving in-home services through the Medicaid or EISEP Programs (see p. 29).

COUNSELING OPPORTUNITIES

If you are a family caregiver, you may find the experience rewarding; you may at times be feeling stressed, overwhelmed, angry, or guilty. No one has said it is easy to sort out our relationships with family members. It is, of course, a lifetime activity. But mental health professionals tell us that longstanding problems often crop up again in caregiving situations. Understanding that this is not unusual, and understanding the changes that caregiving and infirmity bring to family relationships, can make life more positive and acceptable. Much more difficult to face is seeing a loved one we once knew as strong become debilitated. Not all of us are prepared to face this without help.

Many caregivers also need support to value and care for themselves. Caregivers are often pulled between the needs of the care-receiver, the needs of other family members, or responsibilities of a job, and are unable to find the time or energy to deal with their own personal needs. This self-neglect too often has dire consequences for the caregiver's mental or physical health. Discussing your concerns with a professional counselor can help you to deal with your situation and learn how to improve it. There are several counseling opportunities for caregivers in Tompkins County.

Caregivers' Resource Center

Tompkins County Office for the Aging (COFA)
320 North Tioga Street, Ithaca (Courthouse Basement) 274-5492

www.tompkins-co.org/cofa/ServicesforCaregivers.htm

(See page 5.)

In-Home Caregiver Counseling/Consultation

Family & Children's Service Home Care Program

127 West State St. and 204 North Cayuga St. 277-8081
0Ithaca, NY 14850 **www.fcsith.org**

(Lisa Kendall, Caregiver Counselor)

The **In-Home Caregiver Counselor/Consultant** provides 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. This service provides extra input to help caregivers deal with a broad range of problems and an opportunity to talk with someone who can listen. Possible topics for discussion include, but are

not limited to, coping with stress and isolation, time management, and ways to get a break. There is no charge for this service which is funded through a grant from United Way. Contributions are requested, to expand the service.

Family Mental Health Program
Family & Children's Service of Ithaca

127 West State St. and 204 North Cayuga St.
Ithaca, NY 14850

273-7494

www.fcsith.org

The **Family Mental Health Program** of Family & Children's offers individual, couple, family, an group counseling to help people of all ages cope with a wide range of difficulties. Trained staff can help with a wide variety of issues including parent/child relationships, stress, aging, feelings of loss and grief, and life transitions.

United Way support makes it possible for counseling services to be offered on a sliding fee scale. In addition, fees may be covered by private health insurance, Medicare or Medicaid.

Geriatric Outreach Program
Tompkins County Mental Health Clinic

201 East Green Street
Ithaca, NY 14850

274-6230

www.tompkins-co.org/departments

(Susan Spicer, Geriatric Outreach Team Coordinator)

The **Geriatric Outreach Program** exists to meet the unique needs of older persons in Tompkins County with mental health concerns. Services include mental status assessments and treatment, including counseling and/or medications. The treatment team includes a community mental health nurse, psychiatric social worker, staff psychiatrist, and case aide.

When a client cannot come to the clinic, services can be provided to clients in home or community settings. Services are coordinated with the client's personal physician as well as agencies such as the Office for the Aging, Health Department, and Department of Social Services. Services will be billed to the clients health insurance.

Mediation Service (WiseTalk)

Community Dispute Resolution Center
120 W. State Street
Ithaca, NY 14850

275-9225

www.cdrc.org

Mental Health Association in Tompkins County

614 West State Street
Ithaca, NY 14850

273-9250

www.mhaedu.org

The **Mental Health Association (MHA)** is a private, not-for-profit organization that maintains a listing of therapists in Tompkins County and their specializations. Their guide to psychotherapists in Tompkins County is accessible on their web site.

Mental Health Emergencies

Call the **Mental Health Clinic (274-6230)** during normal working hours or the **Cayuga Medical Center Emergency Room (274-4411)**. For emergencies on nights, weekends and holidays, call the Cayuga Medical Center Emergency Room or **Suicide Prevention and Crisis Service (272-1616)**. Both have mental health counselors on call.

Space and Time Consulting

E-mail: angela@spaceandtimeconsulting.com

216-7384

www.spaceandtimeconsulting.com

Specializes in recreation therapy services to help family caregivers reconnect with a loved one through activities with a purpose and learn better time management techniques for work/life/caregiving balance.

Crisis Counseling

Suicide Prevention and Crisis Service

124 E. Court St.

272-1616

Ithaca, NY 14850

www.suicidepreventionandcrisisservice.org

Caregiving and chronic illness or disability can be stressful for both caregivers and care-receivers. **SPCS** phone counselors are available at any hour of the day or night to assist in crisis or non-crisis situations. Caregivers can get assistance in assessing depressing or suicidal risk. Counselors are available to help people manage their frustrations, loneliness and fears, and to direct caregivers to other available support.

Tompkins County Mental Health Clinic

201 East Green Street

274-6200

Ithaca, NY 14850

www.tompkins-co.org/departments

Susan Spicer, Geriatric Outreach Program Coordinator

The **Clinic** provides treatment for all sorts of mental and emotional problems and has trained doctors, nurses, psychologists and social workers available. The service is available on a sliding fee scale. Medicare, Medicaid and private insurance are accepted. The service is confidential.

A **Geriatric Outreach Program** is available to address the unique needs of older people with mental health concerns. The **clinic** also has an Emergency Outreach Service (274-6230) to help people who can't get to the Mental Health Clinic.

**Alzheimer's Support Unit
Tompkins County Office for the Aging**

320 North Tioga Street

274-5482

Ithaca

www.tompkins-co.org/cofa/ServicesforCaregivers.htm

The **Alzheimer's Support Unit** offers information and counseling to persons concerned about the diagnosis or care of someone with Alzheimer's or other form of dementia. Articles and brochures are available on a variety of issues for caregivers, as well as a lending library of Alzheimer's books and videos. It also provides a monthly support group for dementia caregivers and offers periodic workshops and other training opportunities for caregivers.

(Note: The *Alzheimer's Association* (see page 40) and other local, regional and national organizations offer services of interest to those caring for loved ones with Alzheimer's or related disorders. Call the Tompkins County Office for the Aging and ask for a copy of the supplement: *Alzheimer's Resources in Tompkins County*. It is also available on the Office for the Aging web site.)

LEGAL AND FINANCIAL RESOURCES

*Legal and financial issues are sometimes confusing but necessary aspects of caring for a frail older person. Planning ahead in these areas enables the caregiver to use the older person's resources to provide the best quality care, particularly if and when the older person becomes unable to make decisions for her/himself. Possible legal arrangements that can be made include the durable power of attorney, health care proxy, living will and others. In the financial realm, it is important for caregivers to understand Social Security, Medicare, Medicare Supplement policies and Medicaid. Other programs of financial assistance may assist when the budget is limited. The following organizations can provide basic information on financial and legal resources. For detailed information consult the **Financial and Legal Resources for Seniors in Tompkins County** booklet in the Office for the Aging booklet series.*

Tompkins County Office for the Aging (COFA)

320 North Tioga Street (County Courthouse Basement) 274-5428
Ithaca, NY 14850 www.tompkins-co.org/cofa

Staff at the Office for the Aging provide information, referral, and counseling on a wide range of benefits and services for seniors. COFA staff assist in preparing applications for Partial Property Tax Exemptions, the Home Energy Assistance Program (HEAP), and the New York State Real Property Tax Credit (IT-214) and Supplemental Security Income (SSI). Services provided by COFA staff are free. Voluntary contributions are always welcome and used to expand services. COFA is open Monday through Friday from 8:30 a.m. to 4:30 p.m. Home visits can be arranged.

Legal Assistance Program

The **Office for the Aging** contracts with the **Neighborhood Legal Services** to provide free legal consultation in some civil matters for Tompkins County residents age 60 and older. More specific information on the program may be obtained by calling the Office for the Aging at 274-5486. Fee-generating cases and criminal cases are prohibited by law. Contributions are accepted and used to expand the service, but no fee is charged. Legal problems that are given high priority include the rights of nursing home patients, landlord and tenant problems, Social Security, Medicare, SSI, and other benefit programs.

Directory of Financial Resources for Seniors

Energy Assistance

HEAP (Home Energy Assistance Program)

Tompkins County Office for the Aging. 274-5482
320 N. Tioga Street, Ithaca, NY 14850 www.tompkins-co.org/cofa

Project Share (*assistance with energy bills*)

Tompkins County Red Cross 00. 273-1900
201 W. Clinton Street, Ithaca, www.tompkins-redcross.org

EPIC (Elderly Pharmaceutical Insurance Coverage)

PO Box 15018 800-332-3742
Albany, NY 12214-5527 www.health.state.ny.us/health_care/epic

Health Insurance Counseling (*including Medicare, Medigap, EPIC and Long Term Care Insurance*)

Lifelong	Tompkins County Office for the Aging
119 West Court Street	320 N. Tioga St.
Ithaca, NY 14850 . . .273-1511	Ithaca, NY 14850 274-5482
www.tclifelong.org	www.tompkins-co.org/cofa

Income Tax Counseling—by RSVP Volunteers

Lifelong 277-4545
121 West Court Street, Ithaca, NY 14850 www.tclifelong.org

Long Term Care Insurance Education and Counseling

(Call either location for education materials, workshops, or counseling on long-term care financing options.)

Tompkins County Office for the Aging	or	Lifelong
320 North Tioga Street		119 West Court Street
Ithaca, NY 14850274-5492		Ithaca, NY 14850...273-1511
www.tompkins-co.org/cofa		www.tclifelong.org

Medicare

Social Security Administration (SSA)
127 East State Street, 2nd Floor 256-3651 or 1-800-772-1213
Ithaca, NY 14850 www.medicare.gov

Medicare B Premium Subsidy

(In 2007, Medicare recipients with income under \$1,189/month, or \$1,580 for a couple, are eligible to have Medicaid pay their monthly Medicare B premiums for them. Call for current eligibility limits.)

Tompkins County Department of Social Services (Medicaid Unit)
320 West State Street 274-5359
Ithaca, NY 14850 www.tompkins-co.org/dss

Memorial Society *(low cost funeral planning)*

Funeral Consumers Alliance
PO Box 134. 273-8316
Ithaca, NY 14851-0134 www.imsfca.org

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

Office for the Aging (Assistance with application available)
320 North Tioga Street
Ithaca, NY 14850 274-5482
Assistance with application also available through RSVP

Real Estate Tax Exemption for Senior Citizens & STAR exemption

Tompkins County Division of Assessment
128 East Buffalo Street 274-5517
Ithaca, NY 14850 www.tompkins-co.org/assessment

Respite for Family Caregivers (see pages 33-35.)

Reverse Mortgage Counseling

Tompkins County Office for the Aging 274-5492
320 N. Tioga St., Ithaca www.tompkins-co.org/cofa

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

Ithaca Housing Authority (IHA)
798 South Plain Street 273-1244
Ithaca, NY 14850 www.ithacaha.com

and

Tompkins Community Action
701 Spencer Road. 273-8816
Ithaca, NY 14850 www.tcaction.org

Social Security Administration

127 West State Street, 2nd Floor. 800-772-1213 or 256-3651
Ithaca, NY 14850 www.ssa.gov

Supplementary Security Income (SSI)

Social Security Administration
127 West State Street, 2nd Floor 1-800-772-1213 or 256-3651
Ithaca, NY 14850 www.ssa.gov

T-CAT— Bus Fare Discounts

Ithaca Tompkins Transit Center. 277-9388 Ext. 450
Ithaca, NY 14850 www.t-catbus.com

Telephone Discount (Lifeline)

Verizon 1-800-555-5000
Or your local telephone office www.verizon.com

Telephone Cable Discount

Time Warner
519 West State Street. 272-7875
Ithaca, NY 14850 www.timewarnercable.com
Available only to city residents

Tompkins County Department of Social Services

Human Services Building Long Term Care. 274-5278
320 West State Street Food Stamps 274-5244
Ithaca, NY 14850 Public Assistance 275-5257
www.tompkins-co.org/dss

New York State Division of Veterans Affairs

423 West State Street. 272-1084
Ithaca, NY 14850 www.veterans.state.ny.us

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

HOUSING

Tompkins County Office for the Aging

(County Courthouse Basement)

320 North Tioga Street

Ithaca, NY 14850

274-5492

www.tompkins-co.org/cofa

The **Tompkins County Office for the Aging (COFA)** provides these housing related services:

Housing Options Counseling—consultation with older adults and their caregivers about housing options available to them (including independent living and assisted living, home repair programs, rent-subsidies and other affordable housing programs)

Weatherization- WRAP Program—offers assistance in helping older homeowners meet necessary home repairs, weatherization and other related energy needs.

Assistance with filing **Property Tax Exemptions**, the Home Energy Assistance Program (**HEAP**), and the New York State **Real Property Tax Credit (IT-214)**

Home Repair and Weatherization Assistance

Weatherization and Home Repair Referral Service (WRAP)

Tompkins County Office for the Aging

320 North Tioga Street. 274-5487

Ithaca, NY 14850

www.tompkins-co.org/cofa

Office for the Aging staff assists older adults to identify and apply for sources of funding for weatherization or necessary home repairs.

Weatherization

Tompkins Community Action

701 Spencer Road. 273-8816

Ithaca, NY 14850

www.tcaction.org

Tompkins County Home Repair Program

Better Housing for Tompkins County

950 Danby Road, Suite 102. 273-2187

Ithaca, NY 14850 www.betterhousingtc.org

Available to county residents outside of the city of Ithaca

Mini-Repair Program

Ithaca Neighborhood Housing Service (INHS)

115 West Clinton Street. 277-4500

Ithaca, NY 14850 www.ithacanhs.org

Available only to Ithaca City residents

Maintenance Magic — Home Maintenance and Repair Service

Longview

1 Bella Vista Drive 375-6340

Ithaca, NY 14850 www.ithacarelongview.com

Services performed by Longview’s maintenance staff for a fee



Directory of Senior Housing Facilities

Apartments

The apartments mentioned in this guide have been especially designed for independent senior citizens. They offer many features that are attractive to older residents such as laundry facilities, extra security and safety features, and the opportunity to live with other senior citizens.

The apartment complexes have generally been subsidized by various federal agencies. This accounts for the variation in income level stipulations and rental rates.

For your information, in 1983 Congress enacted a statute allowing residents of rental housing for the elderly or handicapped to have common household pets. Application of this policy differs from complex to complex. We suggest that you call and inquire if this is an area of interest to you.

*For more in-depth information, consult the companion booklet **Housing for Seniors in Tompkins County.***

Center Village Court Apartments

200 West South Street
Groton, NY 13073 898-5887

Conifer Village

200 Conifer Drive. 277-6320
Ithaca, NY 14850 www.conifervillageithacallc.com

Ellis Hollow Apartments

1028 Ellis Hollow Road. 273-3020
Ithaca, NY 14850 www.coniferllc.com/apartments/index.htm

Fountain Manor

9 Midline Road. 564-6320 or 273-2187
Slaterville Springs, NY 14881 www.betterhousingtc.org

Juniper Manor I and II

Trumansburg Seniors Inc.
24 Elm Street and 16 Pease Street. 387-5922 or 273-2187
Trumansburg, NY 14886 www.betterhousingtc.org

Lehigh Crossing Apartments

15 Cook Street
Freeville, NY 13068 844-4045

McGraw House

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

Newfield Garden Apartments

261 Main Street..... 564-9935 or 273-2187
Newfield, NY 14867 www.betterhousingtc.org

Schoolhouse Garden Apartments

177 Main Street 898-4770
Groton, NY 13073 www.coniferllc.com/apartments/index.htm

Titus Towers I and II

Ithaca Housing Authority
798 & 800 South Plain Street..... 273-8629 Ext. 245
Ithaca, NY 14850 www.ithacaha.com

Willowbrook Manor

PO Box 522
Dryden, NY 13053 844-8000 or 844-5130

Woodsedge

Woodsedge Drive
Lansing, NY 14882 533-4792

Housing with Long Term Care Services

*(These programs range from residential care facilities offering no nursing services to skilled nursing facilities (nursing homes). For help determining the appropriate program for your needs, contact Tompkins Care Connection (see page 6). For more detailed information, see **Long Term Support Services in Tompkins County**, a companion booklet in the Office for the Aging booklet series).*

Senior Housing with Meals/Housekeeping Included

Longview, An Ithacare Community

1 Bella Vista Drive 375-6320
Ithaca, NY 14850 www.ithacarelongview.com

101 apartments consisting of studios, one-bedroom and two-bedrooms. One restaurant-style meal, housekeeping services and other amenities included in monthly rental fee.

Licensed Adult Care Residences

Licensed adult care facilities provide housekeeping, meals, and recreational programs, 24 hour supervision, medications monitoring and varying levels of personal care. Adult care facilities are licensed by the New York State Department of Health.

Larger Adult Care Residences in Tompkins County

Bridges Cornell Heights

403 Wyckoff Avenue
Ithaca, NY 14850.257-5477

Clare Bridge Cottage of Ithaca (*memory care residence*)

101 Bundy Road 256-2580
Ithaca, NY 14850 www.brookdaleseniorliving.com

Longview, An Ithacare Community

1 Bella Vista Drive 375-6320
Ithaca, NY 14850 www.ithacarelongview.com

Sterling House of Ithaca

103 Bundy Road.256-2580
Ithaca, NY 14850 www.brookdaleseniorliving.com

Family-Type Adult Homes in Tompkins County

Deerhaven

179 Tupper Road.564-1880 (Joyce Starks)
Spencer, NY 14883 (Town of W. Danby)

Evergreen House

704 Five Mile Drive.277-1342 (Classen Home Health)
Trumansburg, NY 14886 www.classenhomehealth.com

Old Hundred House

4461 Jacksonville Road 277-1342 (Classen Home Health)
Ithaca, NY 14850 277-1342 www.classenhomehealth.com

Elder Cottage Rentals

Better Housing for Tompkins County, Inc.

950 Danby Road, Suite 102. 273-2187
Ithaca, NY 14850 www.betterhousingtc.com

Rental of small modular homes designed to meet needs of the adults with disabilities. Homes are placed temporarily on the lot of an adult child or other supportive relative/friend and removed to a new location when no longer needed by tenant. Tompkins County only.

The application process is handled by the Tompkins County Office for the Aging. Call 274-5492.

Life Care Retirement Community

Kendal at Ithaca

2230 North Triphammer Road. 266-5300
Ithaca, NY 14850 www.kai.kendal.org

This type of Long Term Residential Program provides a continuum of care including independent housing, health care services, a residential care facility, and a skilled nursing facility.

Nursing Homes

Groton Residential Care Facility

120 Sykes Street

Groton, NY 13073 898-5876

Lakeside Nursing Home, Inc.

1229 Trumansburg Road. 273-8072 ext. 243

Ithaca, NY 14850

www.lakesidenursingrehab.com

Oak Hill Manor Nursing Home

602 Hudson Street

Ithaca, NY 14850 272-8282

Beechtree Care Center

318 South Albany Street 273-4166 Ext 162

Ithaca, NY 14850

www.beechtreecarecenter.org



LONG DISTANCE CAREGIVING

Providing care for an elderly person from a distance presents a unique challenge. Gathering information about the older person's situation, helping her/him make decisions about the future and providing emotional support are as important as providing care.

Open communication among everyone involved and planning ahead can help avoid complications in the future. An important part of long-term planning is gathering information about services and programs in the older person's community. If you have Internet access, you may be able to find information about long-term care services in another state by searching to see if the county Area Agency on Aging has a web page listing those resources.

Eldercare Locator1-800-677-1116
www.eldercare.gov

One service available to long distance caregivers is the **Eldercare Locator**. The Eldercare Locator is a national toll-free number that helps caregivers identify the most appropriate organization for information and assistance in the older person's community. Call **1-800-677-1116** Monday through Friday, between 9 a.m. and 11 p.m., Eastern Standard Time, for assistance. Please have the following information ready when you call: (1) The name and address of the older person you are assisting including the zip code. (2) A brief and general description of the problem or type of assistance you are seeking.

Tompkins County Office for the Aging
320 North Tioga Street. 274-5482
Ithaca, NY 14850 www.tompkins-co.org/cofa

The Office for the Aging maintains a directory of contact people in County Offices for the Aging nationwide. A simple telephone call can provide detailed information about services available where the older person lives, regardless of what part of the state or country. A consultation with staff of the Caregivers' Resource Center may also be helpful in your decision-making process. The Resource Center also has a lending library of books and videotapes for caregivers as well as free, easy-to-read brochures especially for long distance caregivers.

LONG-TERM CARE COMMUNITY SUPPORT SERVICES

A variety of services are available to help meet the physical, psychological, and social needs of frail elderly living in the community. These services can also be of tremendous help to caregivers, easing some of the responsibilities of providing care.

The first section that follows lists available community resources in the areas of home health care, nutrition, transportation, safety, socialization, etc. Topics are listed in alphabetical order.

*The second section contains a listing of in-home support and nursing services. For further information, consult the **Long Term Support Services in Tompkins County** booklet in the Office for the Aging booklet series.*

Meals and Shopping Services

Foodnet: Congregate Meals Program and Meals on Wheels

2422 North Triphammer Road. 266-9553
Ithaca, NY 14850 www.foodnet.org

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 are 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 \$3 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. Dining room locations: Titus Towers (Ithaca), Center Village Court (Groton), Woodsedge (Lansing), First Baptist Church (Trumansburg).

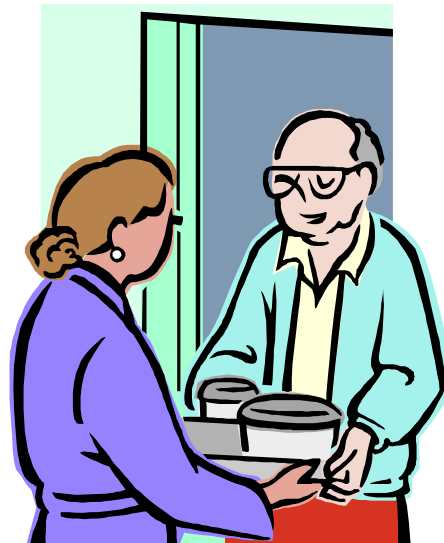
Meals on Wheels, provided by Foodnet, serve people 60 and over who live in Tompkins County. Two meals are delivered 5 days a week, and frozen meals can be provided for the weekends. Nutrition counseling and education are provided to participants. Suggested donations are \$3 for the hot meal and \$4 if hot meal and sandwich meal both are ordered. However, no one will be denied meals because of inability to pay. Food stamps are accepted in lieu of a contribution.

Foodnet Select, also provided by Foodnet, is a service available to people of any age in Tompkins County who need home-delivered meals for a health related reason. Volunteers deliver two meals a day, five days a week. Frozen meals can be provided by the weekends. Cost is \$6 per hot meal, \$7 for both hot meal and sandwich. Third party payments are accepted. Call for further details.

Food Shopping Program of the Southside Community Center

305 South Plain Street. 273-4190
Ithaca, NY 14850 www.sccc-ithaca.org/programs.cfm

The **Food Shopping Program** does weekly grocery shopping for senior citizens who live within the City of Ithaca and who are unable to shop for themselves. Shopping and delivery are free, so clients only pay for their food. Food stamps are accepted.



Transportation Services

Gadabout Transportation Service

737 Willow Avenue

Ithaca, NY 14850 273-1878

Gadabout provides demand-response transportation in the Tompkins County area to people 60 or over, and those with a disability. Most of its vehicles are wheelchair-lift equipped. Reservations two or more days ahead of time. Trips can be for any purpose, with priority given to medical and nutritional necessities. Fare is \$1.50 one way within the city limits and \$2 one way outside of the city limits.

FISH Transportation Service: c/o The United Way

313 North Aurora Street

Ithaca, NY 14850 1-866-255-6545

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. There is no charge; donations are accepted.



ADA Paratransit Service

Tompkins Transit Center

737 Willow Avenue 277-9388 ext. 420; TDD 277-9677

Ithaca, NY 14850 www.tcatbus.com/adaparatransit.php

The ADA Paratransit Service is specialized transportation to serve persons with disabilities which prevent them from riding a fixed route bus. Those who qualify receive a card allowing them to use the service, which covers a 3/4 mile-wide corridor on either side of regular bus routes, and operates within the same time frame as public bus service.

Trips to Upstate Medical Center, Syracuse (or nearby physicians)

Airport Limousine Service 1-800-273-9197

Senior Citizens who are referred by the Tompkins County Office for the Aging will receive a reduced rate for this service. The airport limousine will pick up the client at their home take him/her to medical appointments at Upstate Medical Centers Offices. Call the Tompkins County Office for the Aging for the referral (274-5482).

Other Long Term Care Supportive Services

Project CARE-Friendly Visiting, Respite and other Volunteer Help

Tompkins County Office for the Aging
(County Courthouse Basement)

320 North Tioga Street 274-5491 (Trina Schickel)
Ithaca, NY 14850 www.tompkins-co.org/cofa

Project CARE, organized by the Tompkins County Office for the Aging, matches older people with volunteers and encourages regular visits, offering companionship and a chance for sharing time and interests.

Project CARE volunteers also provide respite and assistance to caregivers who are caring for someone with difficulty with two or more activities (e.g., dressing, bathing, toiletry) of daily living or for someone who is in need of substantial supervision because of cognitive impairment.

For further information, contact Katrina Schickel at 274-5491.

Hospice Care (at home, in nursing home or at the Hospice Residence)

Hospicare and Palliative Care Services

172 East King Road. 272-0212
Ithaca, NY 14850 www.hospicare.org

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

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



Personal Emergency Response System (PERS)

Tompkins County Office for the Aging

320 North Tioga Street. 274-5482

Ithaca, NY 14850

www.tompkins-co.org/cofa

The **Personal Emergency Response System** is a communication system which links an individual with the County’s emergency medical response system. Pressing a button on the unit or on a pendant worn around the neck automatically dials an emergency rescue dispatcher. PERS units may be rented on a sliding scale of up to \$31.25 per month.

Protective Services for Adults

Tompkins County Department of Social Services

320 West State Street. 274-5323

Ithaca, NY 14850

www.tompkins-co.org/dss

Protective Services are provided to adults over the age of 18 who, because of physical or mental impairment, are unable to manage their own resources or protect themselves from neglect or hazardous situations, and have no one able to help them. Services are available regardless of income level. If necessary, the Department of Social Services can serve as a representative payee for a person unable to manage her or his money. Referrals come from concerned individuals as well as agencies and people themselves. Referrals are kept confidential.

* * * * *



IN-HOME CARE

A variety of agencies offer home care service. Home care may be scheduled as needed from several hours per week to 24 hours a day. Costs vary depending on the agency and the services performed. Generally, home care is provided by a registered nurse (RN), licensed practical nurse (LPN), home health aide (HHA), personal care aide (PCA), home-maker, or companion.

*Hiring someone to provide care in the home, either from an agency or privately, is an individual decision. Home care agencies are responsible for training, scheduling, supervising, arranging for substitutes, and employee benefits for personnel they employ. Payment to an agency is made either by the family or a third party such as Medicare, Medicaid, or an insurance company. Private home care arrangements generally cost less than hiring through an agency; however, the patient or family assumes responsibility for paying social security taxes, disability, and other employer responsibilities. For further information, consult the **Long Term Support Services in Tompkins County** booklet in the *Office for the Aging series*.*

Public Programs Providing In-Home Care

Tompkins Care Connection (formerly Long Term Care Services)

Human Services Building

320 West State Street. 274-5278

Ithaca, NY 14850

www.tompkins-co.org/dss/ltc

Provides initial assessment and assistance in arranging services for all seniors without regard to income. Provides ongoing care management for seniors receiving in-home services through the **Medicaid, EISEP, or Long Term Home Health Care Programs.**

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

Medicaid provides a variety of home care services to Medicaid clients. Medicaid need must be documented by a physician. Caseworkers and nurses, under a doctor's order, jointly coordinate in-home personal care and home health aide services to people who receive Medicaid. Services are provided without regard to age.

The **Long Term Home Health Care Program** provides coordinated home care services. Services may be provided to both Medicaid and non-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 other therapeutic and related services. Also known as the *Nursing Home Without Walls* program.

Services of **Long Term Home Health Care Program** are provided by arrangement with:

Visiting Nurses Service of Ithaca and Tompkins County, Inc.
138 Cecil A. Malone Drive 273-0466
Ithaca, NY 14850 www.vnsithaca.org

Private Hire Employment Registry

The Registry

Women's Opportunity Center
315 North Tioga Street. 277-7686
Ithaca, NY 14850 www.womensopportunity.org/registry.html

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. The Registry lists jobs for personal care aides, cleaning personnel, companions, homemakers and nurses.

Wages for home health aides and personal care aides usually range between \$12 and \$15 per hour, while housekeeping and companions tend to range between \$10 and \$12. There is no fee for the matching service, but contributions are welcomed.

Directory of Home Care Agencies

Licensed Agencies

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

CareGivers

531 West State Street. 275-0238
Ithaca, NY 14850 www.caregivershomecare.com

Classen Home Health Associates, Inc.

Island Fitness Center
310 Taughannock Blvd, Suite 1B. 277-1342
Ithaca, NY 14850 www.classenhomehealth.com

Comfort Keepers

171 E. State St., Suite 273 272-0444
Ithaca, NY 14850 www.comfortkeepers.com

Community Health and Home Care, Inc.

138 Cecil A. Malone Drive 273-7780
Ithaca, NY 14850 www.vnsithaca.org/CHHC/index.html

Family & Children’s Service

Home Care Office
127 West State Street. 277-8081
Ithaca, NY 14850 www.fcsith.org/home.php

Hospicare and Palliative Care Services *(see p. 25)*

172 East King Road. 272-0212
Ithaca, NY 14850 www.hospicare.org

Redmoon Caregivers

222 S. Albany Street, Suite 302B 254-6090
Ithaca, NY 14850 www.Redmooncaregivers.com

Staffkings Healthcare Systems

222 South Fulton Street
Ithaca, NY 14850. 273-5335

Medicare-Certified Agencies

(The following two agencies are certified by Medicare to offer skilled nursing, physical therapy, speech therapy, and occupational therapy to patients who meet Medicare criteria for being homebound..)

Tompkins County Home Health Care

Tompkins County Health Department
Biggs Building B
401 Harris B. Dates Drive. 274-6656
Ithaca, NY 14850 www.tompkins-co.org/health

Visiting Nurse Service of Ithaca and Tompkins County, Inc.

138 Cecil A. Malone Dr. 273-0466
Ithaca, NY 14850 www.vnsithaca.org

RESPITE AND ADULT DAY PROGRAMS

Taking care of an elderly family member at home can be a 24-hour-a-day, 365-day-a-year commitment. Providing this care places considerable stress on spouses, adult children, and friends who must manage other family and work obligations as well. Respite services offer family caregivers temporary relief from the responsibilities of caring for a physically or emotionally dependent person, and also provide the care-receiver with social opportunities. There are three types of respite services available to caregivers in Tompkins County: in-home respite, overnight respite, and adult day programs. One or more of these services may be just what you need to take care of yourself!

(Social Adult Day Program)

Longview Adult Day Community

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

Longview
1 Bella Vista Drive
Ithaca NY 14850
Website: www.ithacarelongview.com

375-6320

(Medical Adult Day Program)

Lakeside Adult Day Program

A **new medical model Adult Day Program** will be opened later in 2009 as part of Lakeside Nursing Home undergoes conversion to include an assisted living residence and a medical model adult day program. Medical day programs service people with medical, rehabilitative and skilled nursing needs, as well as those requiring more intensive supervision than possible at a “social model” adult day program such as the one at Longview.

For more information, contact:

Lucia Sacco, Admissions Coordinator
Lakeside Nursing Home
1229 Trumansburg Road
Ithaca NY 14850
Website: www.lakesidenursingrehab.com

273-8072

In-Home Respite Care Service

Family & Children’s Service—Home Care Office

127 West State Street 277-8081
Ithaca, NY 14850 www.fcsith.org

The Respite Program provides trained substitute care for a homebound person over the age of 60. It also provides additional respite care for elders with mental health issues. This in-home services si provided for an average of three hours per week per client. Respite services are usually offered between Noon and 5 p.m. weekdays. There is no charge for this service, although contributions are accepted. Funding is provided through United Way and Community Reinvestment Funds.

Volunteer In-home Respite

Project CARE Respite Services

Tompkins County Office for the Aging

320 North Tioga Street 274-5491

Ithaca, NY 14850

www.tompkins-co.org/cofa

(See page 6.)

Overnight Respite

Some financial assistance may be available to family caregivers who cannot afford to pay for in-home help or a short-term facility stay that enables the caregiver to get away for a few days. Call the Office for the Aging, 274-5482.

Assisted Living Level of Care

Short-term stays are allowed on a space-available basis in **Clare Bridge** (for dementia patients), **Sterling House**, **Bridges Cornell Heights**, as well as most of the smaller, **family-type, adult care homes** locally (see page 18-19). You may also want to look at places in nearby counties (e.g., Walden Place in Cortlandville, 756-8101, Ariel's in Candor, 659-3644). Charges generally include meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

Higher Level of Care

Those who do not have self-care skills to qualify for an adult home level of care can consider two other options for overnight respite:

Lakeside Nursing Home and Beachtree Care Center

Both accept short term admissions for respite purposes on a space-available basis. A nursing home assessment and doctor's orders are needed. Contact the nursing home a few days before the date respite care is needed (*see pages 20*).

Cortland Regional Medical Center

(607) 756-3500

Offers scheduled short-term care designed to provide relief to the primary caregiver of an individual who requires medical and/or rehabilitative services but usually lives at home.

SERVICES FOR ADULTS WITH PHYSICAL DISABILITIES

*The following services may be useful to adults with physical disabilities. Physical disabilities encompass a wide variety of conditions including visual, speech, hearing, mobility or other impairments caused by illness or accident. If the impairment originated before age 22, this may qualify as a developmental disability, and provide eligibility for a variety of services and funding sources (see p. 44 for information about the supplement to this guide titled **Services for Caregivers of Adults with Developmental Disabilities**). For information on services for specific medical conditions, see **Specialized Health Programs for Seniors in Tompkins County**, another booklet in the *Office for the Aging* series.*

Agencies

Finger Lakes Independence Center (FLIC)

215 5th Street. 272-2433
Ithaca, NY 14850 www.fliconline.org

Provides information, referral and advocacy on hearing loss and deafness, visual loss and blindness as well as other disabilities. The **“Try It Room” at FLIC** contains a wide variety of assistive devices of decoders, pocket talkers, TDD/TTY’s, phone amplifiers, books and video tapes on hearing impairments, deafness, sign language and other disability related subjects. Provides assistance in locating appropriate professionals for hearing evaluation. American Sign Language classes offered. A taped reading of the Ithaca Journal can be provided free of charge..

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

244 West Water Street 1-800-888-5020 or (Ithaca 275-0308)
Elmira, NY 14901 www.vesid.nysed.gov

Counselor 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 be demonstrated.

*(See also: **Mini-Repair and WRAP programs on pp. 16-17.**)*

***Equipment and Assistive Devices:
Information, Purchases and Loan Closets***

Many devices are available to help disabled people to adapt to their disabilities and lead more active lives. They can make life much easier for caregivers as well. If your need is temporary, the loan closets listed below provide free equipment (a deposit may be required). Whenever possible, seek professional guidance to choose the appropriate device—wheelchairs and walkers come in sizes, and can be unsafe if used improperly. Physical and Occupational Therapists and other rehabilitation professionals can help choose the right adaptive equipment for physical impairments.



Equipment Loan Fund for the Disabled

NYS Office of Children and Family Services
Room 201 South

52 Washington Street. (518) 474-0197
Rensselaer, NY 12144 www.ocfs.state.ny.us

Low interest loans available to disabled New York State residents to purchase equipment to assist daily living. Wheelchairs, ramps, van lifts, TTD's, prostheses, etc. Amounts available range up to \$4,000.

Project LINK

Center for Assistive Technology

3435 Main Street 1-800-628-2281 (Mon-Fri 9-5 EST)
Buffalo, NY 147214-3079

LINK is a free information service to help people learn about assistive products and where to get them; answer a few questions about yourself (by mail or phone) at the **Center for Assistive Technology**; and mail catalogues and brochures to you about helpful products for your needs.

(*Tip: You can search on-line for assistive devices at www.abledata.com*)

TRAID-IN Equipment Exchange Program 1-800-522-4369

A New York State Program that tries to match up people who have used adaptive equipment that they no longer need with people who could use it. It can also be accessed on-line:

<http://www.cqcapd.state.ny.us/AssistTechTRAID/traidintro.htm>

Loan Closets

Dryden Veterans' Memorial Home

2272 Dryden Road (Rt. 13)

Dryden, NY 13053844-9900

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

Finger Lakes Independence Center

215 5th Street 272-2433

Ithaca, NY 14850

www.fliconline.org

A free loan for wheelchairs, canes, crutches, walkers, portable ramps, TDD's, closed caption decoders, phone amplifiers, braille machines, electronic magnifying devices, bathroom safety equipment (raised commodes, bath seats, hand-held shower). Also provides consultation on home modifications and accessibility.

Groton American Legion

307 Main St.

Groton, NY 13073.898-3837

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

Trumansburg American Legion

West Seneca Road

Trumansburg, NY 14850 387-4212

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

Parking Permits

Ithaca City Clerk

City Hall, Green Street.274-6570 or Your Town or Village Clerk

Ithaca, NY 14850

www.ci.ithaca.ny.us

Permits allowing parking at designed 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 Third Street 273-7187

Ithaca, NY 14850

www.nydmv.state.ny.us

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

FOR EMPLOYED CAREGIVERS

Due to economic necessity and greater opportunities in the workplace, more and more caregivers, particularly daughters with young children, are working outside the home. Juggling work and family responsibilities can be a tremendous challenge. It is important for working caregivers to seek out and receive the support that they need.

Employers are beginning to recognize eldercare as an important concern for their employees which may affect productivity. Policies to inquire about and advocate for (if your employer does not already have them) include flexible working hours, flexible benefits, family leave, and contracted programs such as information and referral, adult day care, workshops and support groups.

Family and Medical Leave Act (FMLA)

The Family and Medical Leave Act (FMLA) covers employers of more than 50 employees (at the worksite or within 75 miles thereof). Since 1993, the **FMLA** has entitled qualified employees, who have been employed for at least 12 months and who have worked at least 1,250 hours during the 12-month period, to up to 12 weeks of unpaid leave per year for the birth or adoption of a child, to care for a spouse or an immediate family member with a serious health condition, or when unable to work because of a serious health condition.

The employer is required to maintain any pre-existing health coverage during the leave period and, once the leave period is concluded, to reinstate the employee to the same or an equivalent job.

Employee Assistance Program (EAP)

Some employers provide individual counseling for employees. **Employee Assistance Program** provides free, confidential counseling to help you explore options when problems seem too confusing or painful to solve alone. **EAP's** offer a wide range of services for personal and work-related concerns, including eldercare concerns.

Employees can make use of the **EAP** on their own initiative, or may be referred by a supervisor who believes that the program could be helpful. Your counseling is confidential and information is not shared with anyone unless you request otherwise.

The Caregivers' Resource Center at the Office for the Aging has printed materials on issues related to balancing work and caregiving.

SERVICES FOR SPECIFIC MEDICAL CONDITIONS

One of the greatest needs of caregivers is for information about the medical condition or conditions affecting the person for whom they are caring. Preparing meals for a newly-diagnosed person with diabetes can be much easier with American Diabetes Association cookbooks. The Alzheimer's Association can provide tips to help someone with Alzheimer's who wanders. Support groups have been invaluable to both persons with medical conditions and their care partners.

*The following list gives a local contact person or agency for the major medical conditions affecting older or disabled people. For more detailed information, consult **Specialized Health Problems for Seniors in Tompkins County**, a companion booklet in the Office for the Aging's booklet series. The Caregivers' Resource Center, at the Office for the Aging, maintains an extensive library of information on caregiving tips for many physical conditions, including insomnia, incontinence, depression, grief, memory loss, etc. For more information, call the Caregivers' Resource Center at 274-5492.*



Directory of Resources for Information of Medical Conditions

(Note: You can access information from many of these organizations on the Internet. Search for them by name. See also page 43.)

Alcoholism Council of Tompkins County	274-6288
Alzheimer's Support Unit	274-5492
Alzheimer's Association of Central New York	330-1647
Alzheimer's Association—National Office	1-800-621-0379
Alzheimer's Disease Education & Referral Center	1-800-438-4380
Arthritis Foundation of C.N.Y.	1-800-870-1771
American Cancer Society	273-0430
American Cancer Information/Counseling Line	1-800-277-2345
Association for Vision Rehabilitation and Employment	724-2428
Breast Cancer (Cancer Resource Center of the Finger Lakes) . .	277-0960
Cancer (Cancer Resource Center of the Finger Lakes).	277-0960
Cancer Information Service	1-800-4 Cancer
National Institute on Deafness and other Communication Disorders	1-800-241-1044
Hospicare & Palliative Care Services (end of life care issues). .	272-0212
Diabetes Education Program	274-4421
American Diabetes Foundation	1-800-232-3472
American Diabetes Association	1-800-342-2383
National Down Syndrome Society	1-800-221-4602
National Head Injury Foundation	1-800-242-NHIF
American Heart Association (Stroke)	1-800-242-8721
Simon Foundation for Incontinence	1-800-237-4666
National Kidney Foundation	1-800-622-9010
American Liver Foundation	1-800-223-0179
American Lung Association of C.N.Y.	539-6684
Lungline	1-800-222-8236
National Clearinghouse on Aging and Mental Retardation	1-800-538-6544
National Multiple Sclerosis Society	1-800-344-4867
United Ostomy Association	1-800-826-0826
American Parkinson Disease Association	1-800-223-2732
National Parkinson Foundation	1-800-327-4545

Prostate Information Line	1-800-543-9632
National Rehabilitation Information Center.	1-800-346-2742
Speech, Hearing and Visual Impairments-	
Finger Lakes Independence Center272-2433
American Speech-Language-Hearing Association	1-800-638-8255
National Stroke Association.	1-800-787-6537
Courage Stroke Network.	1-800-553-6321

DIRECTORY OF SUPPORT GROUPS

Alcoholic Anonymous	273-1541
Self-help for alcoholics	
Al-Anon274-9422
Self-help for family & friends of alcoholics	
Alzheimer’s Support Groups	
Tompkins County Office for the Aging274-5492
Alzheimer’s Association	330-1647
Bereavement Support Group272-0212
Support for those who have experienced death of a loved one	
Cancer Support Groups	
Hospicare and Palliative Care Services272-0212
Cancer Resource Center of the Finger Lakes.	277-0960
Caring for Aging Parents Support Group274-5488
For those caring for aging parents or other elderly relatives or friends	
Diabetes Community and Support Groups274-4127
Periodic education series and support for people with diabetes, family, friends. Held at Cayuga Medical Center	
Displaced Homemakers272-1520
Support group for divorced, separated and widowed women, and/or single parents	
Finger Lakes Area Multiple Sclerosis Group272-2433
For persons with Multiple Sclerosis and their Caregivers	
Grandparents Raising Grandchildren support group.	273-7494
Sponsored by Family and Children’s Service in Ithaca.	

Heartmates of Tompkins County	272-4174
Support group for patients and families with heart disease or heart surgery	
Multiple Sclerosis Caregiver Support Group	539-6477
For parents and other family caregivers	
National Alliance for the Mentally Ill	273-2462
Support group for friends and family of people with severe, biologically-based mental illness. Formerly called Finger Lakes Alliance for the Mentally Ill	
Parkinson's Support Group	274-5492
Support Group for persons with Parkinson's and Caregivers of persons with Parkinson's. From time to Time, the group has sponsored <i>Parkinson's Exercise classes</i> for folks with Parkinson's a related disorder	
Stroke Support Group.	272-2433 or 274-5492
(Inactive at the time of this printing.)	

INTERNET RESOURCES FOR CAREGIVERS

Tompkins County Office for the Aging Website (www.tompkins-co.org/cofa/)

Information on caregiver supports and other services offered by the local Office for the Aging. The booklet you are reading is on-line at this site as well as five other resource guides on services for older adults in Tompkins County (Housing Options, Long Term Care Supports, Financial and Legal Supports, Health Resources and Leisure Options). To view all the resource guides on the web, visit:

<http://www.tompkins-co.org/cofa/GatewaytoSeniorServices.htm>

Finger Lakes Independence Center (www.fliconline.org)

Accessibility consultations; adaptive equipment; consultations about vision, hearing and mobility impairment resources; support groups. On their home page, click on “Find Assistive Equipment” to explore options for trying to obtaining assistive devices and equipment.

Eldercare at Home Resource Guide (www.healthinaging.org/public_education/eldercare)

On-line publication of the American Geriatrics Society. Twenty-seven chapters cover the most common problems caregivers face in providing care at home and working with health professionals.

Family Caregiver Alliance (www.caregiver.org)

425 Bush Street, Suite 500
San Francisco, CA 94108 415-434-3388

The Family Caregiver Alliance supports and assists caregivers of brain-impaired adults (such as persons with Alzheimer’s, Parkinson’s, or stroke) through education, research, services and advocacy. FCA provides on-line support group, caregiver consultations, information fact sheets, and a newsletter. Excellent publications for all caregivers.

Medicare (www.medicare.gov)

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

OTHER CAREGIVER GUIDES

The following four supplements to this *Resource for Caregivers* guide can be obtained by calling the Tompkins County Office for the Aging at 274-5492. They can also be viewed or downloaded at the web site of the Office for the Aging: www.tompkins-co.org/cofa. (Click on “Gateway to Senior Services.”)

- ***Alzheimer’s Resources in Tompkins County***

A six-page guide to agencies and services of interest to those caring for loved ones with Alzheimer’s Disease or related disorders. (Includes information and referral, counseling services, support groups, respite care, medical information, long-term care services, education programs the Alzheimer’s Association *Safe Return* program and more.)

- ***Services for Adults with Developmental Disabilities in Tompkins County***

An eight-page guide to agencies and services for those parents and others caring for adults with developmental disabilities. (Includes advocacy and legal assistance, service coordination, day programs, financial assistance, general information services, in-home care, residential options, recreation, college for life-long learning for persons with developmental disabilities, transportation, vocational services, and more.)

- ***Services for Caregivers of Adults with Psychiatric Disabilities in Tompkins County***

A three-page guide to agencies and services for people with psychiatric caregivers and sometimes for their caregivers. (Includes advocacy groups, vocational and occupational services, geriatric outreach, residential programs, mental health services, and more.)

- ***“Relatives As Parents” Resource Guide for Tompkins County (Grandparents Raising Grandchildren)***

A 32-page guide for grandparents or other older persons who have assumed the role of parenting the child of a relative. (Includes separate sections on legal issues, financial issues, health care, education, and child care.) Also information on area support group and an appendix listing area agencies and services of interest to kinship caregivers.