

# Resources for Caregivers in Tompkins County

**Tompkins County Office for the Aging**  
320 North Tioga Street  
Ithaca, New York 14850  
607-274-5492

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1. *Alzheimer’s Resources in Tompkins County*
2. *Services for Caregivers of Adults with Developmental Disabilities in Tompkins County*
3. *Services for Caregivers of Adults with Psychiatric Disabilities in Tompkins County*
4. *“Relatives as Parents” Resource Guide for Tompkins County (for grandparents raising grandchildren)*

# 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 North Tioga Street  
Ithaca, New York 14850**

**Tel. 274-5482**

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. 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.

Four caregiver support groups are currently active that are facilitated by Caregivers' Resource Center Staff (Alzheimer's Group, "Caring for Aging Parents" Group, Parkinson's Group, and Caregivers of Adults with Developmental Disabilities. 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 local 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.

**Long Term Care Services of Tompkins County  
Human Service Building  
320 W. State Street  
Ithaca, New York 14850**

**Tel. 274-5278**

Long Term Care Services of Tompkins County 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  
530 West State Street  
Ithaca, NY 14850**

**Tel. 277-8081 (Lisa Kendall)**

Offers caregiver counseling and consultation in your home or office (see p.8).

## 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.**

**PO Box 4062,**

**Ithaca, New York 14852-6075**

**Tel. 277-5337**

Elderhelp is a private care management service based in Ithaca.

### **Family and Children's Service Home Care Program**

**530 W. State Street**

**Ithaca, NY 14850**

**Tel. 277-8081**

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

### **Adult and Long Term Care Services of Tompkins County**

**Department of Social Services**

**320 W. State St., Ithaca, NY 14850**

**Tel. 274-5278**

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).

### **National Association of Professional Geriatric Care Managers**

**1604 North Country Club Road**

**Tucson, Arizona 85711**

**Tel. (520) 881-8008**

Charges \$15 for a National Directory of Professional Geriatric Care Managers. A directory of care managers is available free of charge at their website: <<http://www.caremanager.org>>

## 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 (County Courthouse Basement)**

**Ithaca, New York 14850**

**Tel. 274-5492**

(See page 5.)

### **In-Home Caregiver Counseling/Consultation**

**Family & Children's Service Home Care Program**

**530 West State Street**

**Ithaca, New York 14850**

**Tel. 277-8081**

**(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, if possible, to expand the service.

### **Family Mental Health Program**

#### **Family & Children's Service of Ithaca**

**204 North Cayuga Street**

**Ithaca, New York 14850**

**Tel. 273-7494**

**(Mon & Tues 8 am-6 pm) (Wed & Thurs 8am-8pm) (Fri 8 am to 5 pm)**

The **Family Mental Health Program** of Family and Children's Service offers individual, couple, family, and 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, New York 14850**

**Tel. 274-6230**

**(Dan Kornblum, 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.

### **Ithaca Pastoral Counseling Service**

#### **First Baptist Church**

**DeWitt Park, PO Box 537**

**Ithaca, New York 14850**

**Tel. 272-6474 (24-hour answering service)**

**Ithaca Pastoral Counseling** is an ecumenical group of professional counselors with a commitment to the belief that the spiritual dimension is an essential part of being human. The group uses a holistic approach in working with individuals, couples, families, and groups.

### **Mental Health Association in Tompkins County**

**518 West State Street**

**Ithaca, New York 14850**

**Tel. 273-9250**

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 also accessible on their website at: <http://www.mhaedu.org/>.

### **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 (274-4411)** or **Suicide Prevention and Crisis Service (272-1616)**. Both have mental health counselors on call.

### **Suicide Prevention And Crisis Service**

**Tel. 272-1616**

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

### **Tompkins County Mental Health Clinic**

**201 East Green Street**

**Ithaca, New York 14850**

**Tel. 274-6200 (8:30 am to 5:00 pm)**

**Geriatric Outreach Program Coordinator: Dan Kornblum, RN**

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 to anyone who lives or works in Tompkins County. Services are 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 N. Tioga Street**  
**Ithaca, NY 14850**

**Tel. 274-5492 (David Stoyell)**

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 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 at: <http://www.tompkins-co.org/cofa>. (Click on "Gateway to Senior Services.")

## 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)**  
**Ithaca, New York 14850**

**Tel. 274-5482**

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 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.

### **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

#### Home Energy Assistance Program (HEAP)

and **Power Partner Program** (*assistance with fuel bills*)

Tompkins County Office for the Aging

320 North Tioga Street

Ithaca, N.Y. 14850 ..... 274-5482

#### Project Share (*assistance with energy bills*)

Tompkins County Red Cross

201 West Clinton Street

Ithaca, N.Y. 14850 ..... 273-1900

### EPIC (Elderly Pharmaceutical Insurance Coverage)

PO Box 15018

Albany, N.Y. 12214-5527 ..... 1-800-332-3742

### Ithaca Memorial Society Inc. (*low cost funeral planning*)

PO Box 134

Ithaca, N.Y. 14851-0134 ..... 273-8316

### Health Insurance Counseling (*including Medicare, Medigap, and long-term care insurance*)

Senior Citizens' Council

119 W. Court Street

Ithaca, N.Y. 14850 ..... 273-1511

### Income Tax Counseling (RSVP)

121 W. Court Street

Ithaca, N.Y. 14850 ..... 277-4545

Free Income Tax Assistance February - April

### Long Term Care Insurance Resource Centers

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

Tompkins County Office for the Aging **or** Lifelong

320 N. Tioga Street

Ithaca, N.Y. 14850 ..... 274-5492

119 W. Court St.

Ithaca, NY 14850... 273-1511

**Medicaid** (*Note: In 2005, seniors with income under \$1,091/month, or \$1,458 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

320 W. State Street

Ithaca, N.Y. 14850 ..... 274-5359

### Medicare

Social Security Administration (SSA)

Suite 216 - 171 East State Street

Center Ithaca

Ithaca, N.Y. 14850 ..... 256-3651 or 1-800-772-1213

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

Office for the Aging (Assistance with application available)

320 North Tioga Street

Ithaca, N.Y. 14850 ..... 274-5482

Assistance with application also available through RSVP

### Real Estate Tax Exemption for Senior Citizens and STAR exemption

Tompkins County Division of Assessment

128 East Buffalo Street

Ithaca, N.Y. 14850 ..... 274-5517

### Rental Assistance—Housing Voucher Program (Section 8) and Public Housing

Ithaca Housing Authority (IHA)

798 South Plain Street

Ithaca, N.Y. 14850 ..... 273-1244

and

Tompkins Community Action

701 Spencer Rd.

Ithaca, N.Y. 14850 ..... 273-8816

### Social Security Administration

127 W. State Street, 2<sup>nd</sup> Floor

Ithaca, N.Y. 14850 ..... 1-800-772-1213 or 256-3651

## Supplementary Security Income (SSI)

Social Security Administration

127 W. State Street

Ithaca, N.Y. 14850. . . . . 256-3651 or 1-800-772-1213

## Telephone Discount (Lifeline)

Verizon . . . . . 1-800-555-5000

or your local telephone office

## Telephone Cable Discount

Time Warner

519 West State Street

Ithaca, N.Y. 14850 . . . . . 272-7875

Available only to city residents

## Tompkins County Department of Social Services

Human Service Building

320 West State Street

Ithaca, N.Y. 14850

Long Term Care . . . . 274-5278

Food Stamps . . . . . 274-5244

Public Assistance . . . 275-5257

## New York State Division of Veterans Affairs

423 W. State St.

Ithaca, N.Y. 14850 . . . . . 272-1084

*(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, New York 14850

Tel. 274-5492

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)

## Reverse Mortgage Counseling

**WRAP Program** -- offers assistance in helping older homeowners meet necessary home repair, weatherization and other related energy needs. (Contact Gladys Brangman, 274-5487.)

**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 Program)

Tompkins County Office for the Aging

320 North Tioga Street

Ithaca, NY 14850 . . . . . 274-5487

### Weatherization

Tompkins Community Action (*formerly EOC*)

701 Spencer Rd.

Ithaca, NY 14850 . . . . . 273-8816

**USDA Rural Development** (*Formerly Farmer's Home Administration*)  
409 E. Upland Rd.  
Ithaca, NY 14850 ..... 257-5139

**Tompkins County Home Repair Program**  
Better Housing for Tompkins County, Inc.  
100 West Seneca Street  
Ithaca, NY 14850 ..... 273-2187  
Available to county residents outside of the city of Ithaca.

**Mini-Repair Program**  
Ithaca Neighborhood Housing Service (INHS)  
115 West Clinton Street  
Ithaca, NY 14850 ..... 277-4500  
Available only to Ithaca City Residents.

**Maintenance Magic -- Home Maintenance and Repair Service**  
Longview, An Ithacare Community  
1 Bella Vista Drive  
Ithaca, NY 14850 ..... 375-6340  
Services performed by Longview's maintenance staff for a fee.

## Directory of 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, New York 13073  
Tel. 898-5887

**Ellis Hollow Road Apartments**  
1028 Ellis Hollow Road  
Ithaca, New York 14850  
Tel. 273-3020

**Fountain Manor**  
9 Midline Road  
Slaterville Springs, NY 14881  
Tel. 564-9935 or 273-2187

**Juniper Manor I and II**  
Trumansburg Seniors Inc.  
24 Elm Street and 16 Pease Street  
Trumansburg, New York 14886  
Tel. 387-5922 or 273-2187

**Lehigh Crossing Apartments**  
15 Cook Street  
Freeville, New York 13068  
Tel. 844-4045

**McGraw House**

700 McGraw House (Geneva Street)  
Ithaca, New York 14850

Tel. 272-7054

**Newfield Garden Apartments**

261 Main Street  
Newfield, New York 14867

Tel. 564-9935 or 273-2187

**Schoolhouse Garden Apartments**

177 Main Street  
Groton, New York 13073

Tel. 898-4770

**Titus Towers I and II**

Ithaca Housing Authority  
798 & 800 South Plain Street  
Ithaca, New York 14850

Tel. 273-8629, ext. 249

**West Village Apartments** *(rent-subsidized, open to any age)*

150 West Village Place  
Ithaca, New York 14850

Tel. 273-5215

**Willowbrook Manor**

P.O. Box 522  
Dryden, New York 13053

Tel. 844-8000

**Woodsedge**

Woodsedge Drive  
Lansing, New York 14882

Tel. 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 Adult and Long Term Care Services of Tompkins County (see page 7). 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  
Ithaca, NY 14850

Tel. 375-6320

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

**Oak Hill Manor Cottage**

602 Hudson St.  
Ithaca, NY 14850

Tel. 272-8282

Shared living for three residents capable of their own personal care. Meals, housekeeping, and laundry provided.

**Licensed or Certified Adult Homes**

Adult Homes provide housekeeping, help with baths and medications, meals and recreational programs and 24 hour supervision and varying degrees of personal care. No nursing services are provided. Larger facilities (more than four residents) are licensed by the New York State Department of Health. Family-type adult homes (1 to 4 residents) are certified by the local Department of Social Services.

**Larger Adult Homes in Tompkins County****Alterra Clare Bridge** *(Memory Care Facility)*

101 Bundy Rd.  
Ithaca, NY 14850

Tel. 256-2580

**Longview, An Ithacare Community**

1 Bella Vista Dr.  
Ithaca, New York 14850

Tel. 375-6320

## Family-Type Adult Homes in Tompkins County

### **Joyce Starks Home**

179 Tupper Rd.  
Spencer, NY 14883 (Town of W. Danby) Tel. 564-1888 (Joyce Starks)

*(The HOST Program at the Office for the Aging maintains a list of other larger adult homes and certified family-type homes within about 45 minutes of Ithaca.)*

## **Life Care Retirement Community**

### **Kendal at Ithaca**

2230 North Triphammer Road  
Ithaca, New York 14850 Tel. 266-5300

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**

### **Homes with Licensed Home Health Services**

These facilities offer meals, housekeeping, recreational programs and optional personal care services through affiliated home care agencies.

#### **Sterling House (Alterra)**

103 Bundy Rd.  
Ithaca, NY 14850  
Tel. 256-2580 (Shawna Black)

#### **Bridges Cornell Heights (Classen)**

403 Wyckoff Avenue  
Ithaca, NY 14850  
Tel. 257-5477

#### **Evergreen House (Classen)**

4461 Jacksonville Rd.  
Jacksonville, NY 14854  
Tel. 277-1342

#### **Old Hundred House (Classen)**

704 Five Mile Drive  
Ithaca, NY 14850  
Tel. 277-1342

### **Groton Residential Care Facility**

120 Sykes Street  
Groton, New York 13073 Tel. 898-5876

### **Lakeside Nursing Home, Inc.**

1229 Trumansburg Road  
Ithaca, New York 14850 Tel. 273-8072 ext. 243

### **Oak Hill Manor Nursing Home**

602 Hudson Street  
Ithaca, New York 14850 Tel. 272-8282

### **Reconstruction Home**

318 South Albany Street  
Ithaca, New York 14850 Tel. 273-4166

## **Elder Cottage Rentals**

### **Better Housing for Tompkins County, Inc.**

950 Danby Road, Suite 102  
Ithaca, NY 14850 Tel. 273-2187

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 the tenant. Tompkins County only.

To inquire, call the HOST Program at the Office for the Aging (274-5492).

## 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 find information about long-term care services in another state by searching to see if the county Area Agency on Aging has a web page listing those resources.*

### **Eldercare Locator**

**Tel. 1-800-677-1116**

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**

**Ithaca, New York 14850**

**Tel. 274-5482**

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 SUPPORTIVE 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**

#### **Congregate Meals Program (Foodnet)**

**2422 N. Triphammer Rd.**

**Ithaca, New York 14850**

**Tel. 266-9553**

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

#### **Food Shopping Program of the Southside Community Center**

**305 South Plain Street**

**Ithaca, New York 14850**

**Tel. 273-4190**

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.

**Meals on Wheels**  
2422 N. Triphammer Rd.  
Ithaca, New York 14850

**Tel. 266-9553 (Steve Griffin)**

**Home Delivered Meals**, 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 main meal and \$4.00 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 \$6.00 per hot meal, \$7.00 for both hot meal and sandwich. Third party payments are accepted. Call for further details.



## Transportation Services

**Gadabout Transportation Service**  
737 Willow Ave.  
Ithaca, New York 14850  
Tel. 273-1878 (Judy Willis)

**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 \$2.00 one way outside of the city limits.

**FISH Transportation Service: c/o The United Way**  
313 N. Aurora St.  
Ithaca, New York 14850

**Tel. 1-866-255-6545**

FISH volunteers provide essential transportation within Tompkins County for elderly, 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  
Ithaca, New York 14850

**Tel. 277-9388, Ext. 450; TDD 277-9677**  
**(Jamie Pletter)**

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)**  
Senior Citizens can be picked up at their home by the airport limousine and taken to medical appointments at Upstate Medical Centers or nearby Doctor's Offices at a reduced rate of \$55.00. Call the Airport Limousine Service at 1-800-273-9197. Identify yourself as an "Office for the Aging client" and ask for our reduced rate.

## 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**  
**Ithaca, New York 14850** **Tel. 274-5491 (Trina Schickel)**

**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 (eg., 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**  
**Ithaca, New York 14850** **Tel. 272-0212**

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.

Hospicare and Palliative Care Services also collaborates with Lakeside Nursing Home in offering hospice services to patients in a section of the nursing home redesigned for that purpose.

**Personal Emergency Response System (PERS)**  
**Tompkins County Office for the Aging**  
**320 North Tioga Street**  
**Ithaca, New York 14850** **Tel. 274-5482**

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 W. State Street**  
**Ithaca, New York 14850** **Tel. 274-5323**

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), homemaker, or companion.*

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

### Public Programs Providing In-Home Care

#### Adult and Long Term Care Services of Tompkins County

##### Human Service Building

320 W. State Street

Ithaca, New York

Tel. 274-5278

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 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 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. 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.

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.

The **Long Term Home Health Care Program** is also provided by

**Visiting Nurses Service of Ithaca and Tompkins County, Inc.**

710 West Clinton Street

Ithaca, New York 14850

Tel. 273-0466

### Private Hire Employment Registry

#### The Registry

##### Women's Opportunity Center

315 North Tioga Street

Ithaca, New York 14850

Tel. 277-7686

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 home care helpers, cleaning personnel, companions, homemakers and nurses.

Wages for personal care aides and companions usually range between \$10 and \$13 per hour. 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 health care aide services.)*

#### **CareGivers**

225 S. Fulton St.  
Ithaca, NY 14850 Tel. 1-800-388-7971

#### **Classen Home Health Associates, Inc.**

1212 Trumansburg Road  
Ithaca, New York 14850 Tel. 277-1342

#### **Community Health and Home Care, Inc.**

710 W. Clinton Street  
Ithaca, New York 14850 Tel. 273-7780

#### **Family & Children's Service**

Home Care Office  
530 West State Street  
Ithaca, New York 14850 Tel. 277-8081

#### **Hospicare and Palliative Care Services** *(see p. 27)*

172 East King Road  
Ithaca, NY 14850 Tel. 272-0212

#### **All Metro Health Care**

4 Lincoln Avenue; Suite 203  
Cortland, NY 13045 Tel. 758-8776 or 1-888-453-9277

#### **Red Moon**

P.O. Box 292  
Newfield, NY 14867 564-7588

#### **Stafkings Healthcare Systems**

222 South Fulton Street  
Ithaca, New York 14850 Tel. 273-5335

### Medicare-Certified Agencies

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

#### **Public Health Nursing Division**

Tompkins County Health Department  
Biggs Building B  
401 Harris B. Dates Drive  
Ithaca, New York 14850 Tel. 274-6656

#### **Visiting Nurse Service of Ithaca and Tompkins County, Inc.**

710 West Clinton Street  
Ithaca, New York 14850 Tel. 273-0466

## **RESPIRE 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!*

*For Alzheimer's patients and their caregivers, the Alzheimer's Family Relief Program offers grants of up to \$500 to families with cash assets of less than \$10,000, for expenses related to the patient's care and treatment, including nursing care, respite, or day care. Call 1-800-437-2423 or the Caregivers' Resource Center (274-5492) for more information.*

## **Adult Day Program**

Currently, there is one adult social day program available in Tompkins County, the Longview Adult Day Community. Social Adult Day Programs provide older adults who are in need of supervision and/or socialization with opportunities to enjoy good food, great entertainment, and satisfying companionship.

Medical and nursing care are not provided. (Cortland Memorial Hospital does have a Medical Model Day Program that serves people with medical, rehabilitative, and skilled nursing needs, as well as those requiring more intensive supervision. People living in the northeast part of Tompkins County can more readily take advantage of that option.)

### **Longview's Adult Day Community**

**1 Bella Vista Drive**

**Ithaca, New York 14850**

**Marilyn Strassberg, Director of Services**

**Tel. 375-6320**

The **Adult Day Community** provides personal supervision, recreational programs and medication management, as well as morning and afternoon snacks and a hot, nutritious lunch, for a daily fee of \$38. Some financial assistance available.

## **In-Home Respite Care Service**

### **Family & Children's Service - Home Care Office**

**530 W. State Street**

**Ithaca, New York 14850**

**Tel. 277-8081 (Lisa Kendall)**

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 service is 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.

### **Project CARE Respite Services.**

**Tompkins County Office for the Aging**

**320 North Tioga Street**

**Ithaca, New York 14850**

(See page 6)

**Tel. 274-5491**

## **Overnight Respite**

### **Adult Home Level of Care**

Overnight respite is provided on a space-available basis at area adult care and assisted living residences. See page 20 for a list of these residences. The charge will usually include meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential adult care.

### **Higher Level of Care**

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

### **Cayuga Medical Center Respite Services Program**

**101 Harris B. Dates Drive**

**Ithaca, New York 14850**

**Tel. 274-4442**

**Cayuga Medical Center** provides a Respite Services Program. Minimum stays are 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 of daily living, medication administration, and socialization activities. Meals and accommodations are included in the per diem fee of \$183. Arrangements should be made well in advance, as respite is based on bed availability in the hospital.

### **Area Nursing Homes**

Nursing Homes 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 page 22).

## 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 or condition 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 further information on services available for specific medical conditions, consult **Specialized Health Programs for Seniors in Tompkins County**, a companion booklet in the Office for the Aging booklet series.*

### Agencies

#### **Finger Lakes Independence Center (FLIC)**

**215 5th Street**

**Ithaca, New York 14850**

**Tel. 272-2433**

Provides information, referral and advocacy on hearing loss and deafness, visual loss and blindness as well as other disabilities. The “**Please Try It**” room at FLIC contains a wide variety of assistive devices that can help frail elders and others cope with disabilities. Also offers loans 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 upon request.

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

**244 West Water Street**

**Elmira, New York 14901 Tel. 1-800-888-5020 (Ithaca - 275-0308)**

Counselors will make appointments with clients in Ithaca. Although VESID has primarily worked with people in vocational rehabilitation, they also provide services to those with a goal of homemaking. If an older person has a disability which makes it difficult to continue caring for

him/herself at home, VESID can provide financial help with hearing aides, assistive devices for people with low vision, ramps, minor home remodeling to help with accessibility, etc. Financial need must also be demonstrated.

### ***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**

**New York State Department of Social Services**

**Office of Financial Management, 13D**

**40 North Pearl Street**

**Albany, NY 12243**

**Tel. 1-800-342-3715**

Low interest loans available to disabled New York State residents to purchase equipment to assist daily living. Wheelchairs, ramps, van lifts, TTD's, prostheses, etc. Amounts available range from \$500 to \$4,000.

#### **Project LINK**

**Center for Assistive Technology**

**515 Kimball Tower, University of Buffalo**

**3435 Main Street**

**Buffalo, NY 14214-3079**

**Tel. 1-800-628-2281 (Mon-Fri 9-5 EST)**

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) and the **Center for Assistive Technology**; and mail catalogues and brochures to you about helpful products for your needs.

**Traid-In** **Tel. 1-800-522-4369**

A New York State Program that tries to match up people who have used adaptive equipment that they do longer need with people who could use it. It can also be accessed on-line: [www.Advoc4disabled.state.ny.us](http://www.Advoc4disabled.state.ny.us)

**Dryden Veterans' Memorial Home**

**2272 Dryden Road (Rt. 13)**

**Dryden, NY 13053** **Tel. 844-9900**

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

**Finger Lakes Independence Center**

**215 5th Street**

**Ithaca, NY 14850** **Tel. 272-2433**

A free loan closet 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.

**Trumansburg American Legion**

**West Seneca Road**

**Trumansburg, NY 14886** **Tel. 387-4212**

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

***Parking Permits***

**Ithaca City Clerk**

**City Hall, Green Street**

**Ithaca, NY 14850** **Tel. 274-6570 or Your Town or Village Clerk**

Permits allowing parking at designated spots are available for temporarily or permanently disabled individuals at either the City Clerk's office or your own Town or Village Clerk's office. Doctor's statement or prescription required.

**Department of Motor Vehicles**

**301 Third Street**

**Ithaca, NY 14850** **Tel. 273-7187**

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

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 Programs (EAP)

Some employers provide individual counseling for employees. **Employee Assistance Programs** provide 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 they are caring for. Preparing meals for a newly-diagnosed diabetic can be much easier with American Diabetes Association cookbooks. The Alzheimer's Association can provide tips to help with an Alzheimer's patient who wanders. The stroke support group has been invaluable to many stroke survivors and their caregivers. 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 Programs 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 on Medical Conditions

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

<b>Alcoholism</b> Council of Tompkins County .....	274-6288
<b>Alzheimer's</b> Support Unit .....	274-549
<b>Alzheimer's</b> Association of Central New York .....	1-800-339-4177
<b>Alzheimer's</b> Association - National Office .....	1-800-621-0379
<b>Alzheimer's</b> Disease Education & Referral Center .....	1-800-438-4380
<b>Arthritis</b> Foundation of C.N.Y .....	1-800-870-1771
American <b>Cancer</b> Society .....	273-0430
American <b>Cancer</b> Information/Counseling Line .....	1-800-277-2345
<b>Blind</b> Work Association .....	1-724-2428
<b>Breast Cancer Alliance, Ithaca</b> .....	277-0960
<b>Cancer</b> Information Service .....	1-800-4 Cancer
National Institute on <b>Deafness</b> and other Communication Disorders .....	1-800-241-1044
Hospicare and Palliative Care Services ( <b>end of life issues</b> ) ...	272-0212
<b>Diabetes</b> Education Program .....	274-4421
American <b>Diabetes</b> Foundation .....	1-800-232-3472
American <b>Diabetes</b> Association .....	1-800-342-2383
National <b>Down Syndrome</b> Society .....	1-800-221-4602
National <b>Head Injury</b> Foundation .....	1-800-444-NHIF
American <b>Heart</b> Association (stroke) .....	1-800-242-8721
Simon Foundation for <b>Incontinence</b> .....	1-800-237-4666
National <b>Kidney</b> Foundation .....	1-800-622-9010
American <b>Liver</b> Foundation .....	1-800-223-0179
American <b>Lung</b> Association of C.N.Y .....	539-6684
<b>Lungline</b> .....	1-800-222-8236
National Clearinghouse on Aging and <b>Mental Retardation</b> .....	1-800-538-6544
National <b>Multiple Sclerosis</b> Society .....	1-800-344-4867
United <b>Ostomy</b> Association .....	1-800-826-0826
American <b>Parkinson</b> Disease Assoc .....	1-800-223-2732
National <b>Parkinson</b> Foundation .....	1-800-327-4545

<b>Prostate</b> Information Line .....	1-800-543-9632
National <b>Rehabilitation</b> Information Center .....	1-800-346-2742
<b>Speech, Hearing and Visual Impairments-</b> Finger Lakes Independence Center .....	272-2433
American <b>Speech-Language-Hearing</b> Association ....	1-800-638-8255
National <b>Stroke</b> Association .....	1-800-787-6537
Courage <b>Stroke</b> Network .....	1-800-553-6321

## DIRECTORY OF SUPPORT GROUPS

<b>Alcoholic Anonymous</b> .....	273-1541
Self-help for alcoholics	
<b>Al-Anon</b> .....	274-9422
Self-help for family & friends of alcoholics	
<b>Alzheimer's Support Group</b> .....	274-5492
Support and information for caregivers of persons with Alzheimer's Disease or related dementias	
<b>Bereavement Support Group</b> .....	272-0212
Support for those who have experienced death of a loved one	
<b>Breast Cancer Support Group.</b> ....	277-0960
Sponsored by the Ithaca Breast Cancer Alliance	
<b>Cancer Support Group</b> .....	272-0212
Peer support and information for cancer patients and their family and friends	
<b>“Caring for Aging Parents” Support Group.</b> .....	274-5488
For those caring for aging parents or other elderly relatives or friends	
<b>Developmental Disabilities</b> .....	274-5491
Caregivers of Adults with Developmental Disabilities	
<b>Diabetes Community and Support Groups</b> .....	274-4127
Periodic educational series and support for people with diabetes, family and friends. Held at Cayuga Medical Center	
<b>Displaced Homemakers</b> .....	272-1520
Support group for divorced, separated and widowed women, and/or single parents	

<b>National Alliance for the Mentally Ill</b> .....	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	
<b>Finger Lakes Area Multiple Sclerosis Group</b> .....	272-2433
For persons with Multiple Sclerosis and their caregivers	
<b>Heartmates of Tompkins County</b> .....	272-4174
Support group for patients and families with heart disease or heart surgery	
<b>Multiple Sclerosis Caregiver Support Group.</b> .....	539-6477
For parents and other family caregivers	
<b>Parkinson's Support Group</b> .....	274-5492
Support Group for persons with Parkinson's and Caregivers of persons with Parkinson's	
<b>Stroke Support Group</b> .....	272-2433 or 274-5492
Support, education and social opportunities for stroke survivors and their caregivers	

# INTERNET RESOURCES FOR CAREGIVERS

## **Tompkins County Office for the Aging Website** ([www.tompkins-co.org/cofa](http://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).

## **Tompkins County Long Term Care Services** ([www.tompkins-co.org/dss/ltc](http://www.tompkins-co.org/dss/ltc))

A comprehensive overview of all the programs available in Tompkins County to support adults needing assistance with long-term care.

## **The Elderweb** ([www.elderweb.com](http://www.elderweb.com))

Go to the section called “Body and Soul” to view articles for caregivers. Also check out the “Finance and Law” and “Living Arrangements” sections.

## **Eldercare at Home Resource Guide** ([www.healthinaging.org/eldercare/toc.html](http://www.healthinaging.org/eldercare/toc.html))

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](http://www.caregiver.org)) **425 Bush Street, Suite 500** **San Francisco, CA 94108**

**Tel. 415-434-3388**

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

## **Medicare** ([www.medicare.gov](http://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 *Resources for Caregivers* guide can be obtained by calling the Tompkins County Office for the Aging. They can also be viewed or downloaded at the web site of the Tompkins County Office for the Aging: <http://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, educational programs and more, 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 of 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***

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.)