

ALZHEIMER'S RESOURCES IN TOMPKINS COUNTY

Prepared by The Caregivers' Resource Center and Alzheimer's Support Unit
of the Tompkins County Office for the Aging (revised Feb 2015)

GENERAL INFORMATION FOR FAMILY CAREGIVERS

**Caregivers' Resource Center and Alzheimer's Support Unit,
at the Tompkins County Office for the Aging:** 274-5492

Provides information, support, counseling, and referral, support group,
and sponsors training programs for caregivers, including the *Powerful
Tools for Caregivers* classes and workshops on dementia-specific topics.
Maintains a lending library of information on Alzheimer's Disease and
information for caregivers. Quarterly newsletter: *In Support of Caregivers*.

Alzheimer's Association of Central New York 330-1647

Telephone information and counseling, workshops, support group,
educational programs, brochures, training for professional caregivers,
police and fire departments. Safe Return Program. www.alzcnny.org.

Project Lifesaver 257-1345

Participants are fitted with a wristband (transmitter) that continually emits
a tracking signal that allows the Tompkins County Sheriff's Office to
locate someone with Alzheimer's or a related disorder to wanders away.

Center for Excellence in Aging Services

The Center for Excellence in Aging Services at SUNY Albany has
assembled a website for Alzheimer's Disease Resources.
The web address is: www.albany.edu/aging/resources.

**National Institute on Aging: Alzheimer's Disease Education
& Referral Center (ADEAR)** 1-800-438-4380

Written information on research, treatment, and support.
www.alzheimers.org.

American Health Assistance Foundation 1-800-437-AHAF

Publishes excellent brochures on Alzheimer's Disease.
First two copies of each publication are free. www.ahaf.org/alzheimers

CAREGIVER SUPPORT

Caregivers Support Groups

Caregiver's Resource Center and Alzheimer's Support Unit
at the Office for the Aging -

274-5492

Sponsors a monthly Alzheimer's Support Group. Also makes referrals to other area support groups.

Alzheimer's Association

Sponsors a monthly; Alzheimer's Support Group that meets at Lifelong 330-1647

Family & Children's Service 273-7494

Sponsors a monthly caregiver support group open to all family caregivers of older adults, regardless of disease/condition.

Caregiver Counseling

Family & Children's Service 273-7494

Offers 1-1 caregiver counseling. No charge for this service.

Caregiver counseling is also available from local therapists and counseling agencies

Care Management 1-602-881-8008

The National Association of Professional Geriatric Care Managers provides referrals throughout the country. You may contact them at 1604 North Country Club Rd., Tucson, Arizona 85711. A directory of care managers is available free of charge at their website: www.caremanager.org.

Local geriatric care management can be arranged through:

Care Manage for All: Kim Evanoski 280-1433

Geriatric Care Management: Robert Levine 229-8404

Adult and Long Term Care Services: case management for 274-5222
low income seniors using Medicaid or EISEP home care service. Also, Adult Protective Services does care management for clients who, because of physical or mental impairment are unable to manage their own resources or protect themselves, and have no one to help them

Work/Life Balance

Employee Assistance Programs (EAP)

Provide confidential short-term counseling to employed caregivers. Available through your employer or benefit office.

LEGAL/FINANCIAL INFORMATION

Several local attorneys specialize in trusts, estates, and Medical Law. Be sure any power-of-attorney already held is durable, and will be effective in case of incompetence. Also, look under "lawyer" in the yellow pages of the phone book for those specializing in "elderlaw".

The Lawyer Referral and Information Service

A Public Service of the New York State Bar Association
providing referrals to lawyers in 43 upstate counties, including
Tompkins County

1-800-342-3661

Health Insurance Education Program

273-1511

The HIICAP program at Lifelong provides trained volunteers to answer your questions on Medicare, Medigap, and other health insurance concerns. The Office for the Aging also has trained HIICAP counselors to help with Medicare and Medicaid questions.

LONG DISTANCE CAREGIVING

Eldercare Locator

1-800-677-1116

Provides referrals to Local Area Agency on Aging for any area in the United States.

LONG-TERM CARE

NY Connects (Tompkins County) (also known as “Adult and Long Term Care Services of Tompkins County:”

272-2292

Provides free, in-home evaluation for assistance in planning and coordinating in-home services. Provides non-medical, in-home aide service to income-eligible individuals through the Medicaid program and the New York State EISEP program. Also assists with applications to nursing homes.

IN-HOME CARE

In-home care for Alzheimer’s patients is generally not "skilled" in nature (requiring injections, physical therapy, etc.) and is therefore not usually covered by Medicare. If the patient is in the later stages of Alzheimer's Disease, hospice care may be appropriate, and is covered by Medicare. Call Hospicare (272-0212) to see if the patient is eligible for hospice service.

The Registry (for assistance in hiring help directly)

A Service of the Finger Lakes Independence Center

272-2433

Links households needing in-home help with independent nurses, homemakers, companions, personal care aides cleaning personnel, drivers, errands, and yard work.

HOME CARE AGENCIES COVERING TOMPKINS COUNTY ARE:

CareGivers

275-0238

Classen Home Health Associates, Inc.

277-1342

Community Health and Home Care, Inc.

273-7780

Hospicare

272-0212

Redmoon	564-7588
StafKings Healthcare Systems	273-5335
Comfort Keepers	272-0444
Home Instead (Companion/Home Helper Services)	315 252-2354

MEDICAL INFORMATION

Most local physicians can provide a thorough diagnostic work-up and follow up. It is most important to rule out reversible causes of dementia. For further assistance:

Alzheimer's Disease Assistance Center (ADAC); 1-315-464-6100
Upstate Medical University, Syracuse

Provides diagnosis and consultation for specific medical/behavioral problems, or participation in experimental drug program.

<http://www.upstate.edu/geriatrics/healthcare/adac/>

Alzheimer's Disease Assistance Center; 1-607-777-6636
SUNY Binghamton

If individuals have difficulty travelling to the ADAC in Syracuse, the Binghamton ADAC is sometimes able to initiate evaluations with a home visit.

Autopsy Assistance Network - Alzheimer's Association 1-800-339-4177

Autopsy is presently the only way to confirm diagnosis of Alzheimer's. An autopsy-confirmed diagnosis will be essential to early treatment if other family members develop dementia. National research currently being done in Syracuse utilizing donated brain tissue.

RESPIRE AND DAY PROGRAMS

Caregivers need occasional time off from the responsibilities of caring for Alzheimer's patients. Several home care agencies can provide homemakers or companions for an hourly fee. (*See Long-Term Care Section*)

There are three types of respite services available to caregivers in Tompkins County: adult day programs, in-home respite, and overnight respite.

ADULT DAY PROGRAMS:

Currently, there is one adult social day program available in Tompkins County (the Longview Adult Day Community). 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 by these programs. However, medical day programs serve people with medical, rehabilitative, and skilled nursing needs, as well as those requiring more intensive supervision, and are covered by Medicaid. However there is no medical day program in Tompkins County at the present day. The closest medical day program is in Cortland.

Longview's Adult Day Community

375-6323

Provides a social adult day program, for individuals age 55+, five days a week (Monday-Friday) from 9:00 a.m. to 3:00 p.m. Provides respite for caregivers as well as a stimulating social and recreational environment for participants. Daily fee: \$45/full day includes lunch/snacks; \$31 half/day with lunch or \$22/half day without lunch.)

Cortland Memorial Hospital's Adult Day Health Program

756-3916

Integrates nursing care with social activities in a cheerful, rehabilitative, home-like setting. If family members cannot provide transportation, arrangements can be made to transport from either Cortland or Tompkins County. 8:00 a.m. - 4:30 p.m. Monday - Saturday. Daily cost is covered by Medicaid or private pay (\$191.10/day) for those not eligible for Medicaid or Medicaid spenddown.

IN-HOME RESPITE CARE:

Tompkins County Office for the Aging (Project CARE)

274-5491

Provides assistance to seniors and respite for caregivers through its Project CARE program. Volunteers provide private respite service typically once a week for a few hours. The Project CARE coordinator may also be able to arrange for respite through a licensed home care agency in instances where hands-on personal care may be needed.

Private donations to the Marilyn Efroymson Gazevitz Fund also enable the Office for the Aging to make small grants to enable family caregivers to afford substitute care so they can get a break from caregiving for a few days.

OUT-OF-HOME RESPITE:

Joyce Starks (179 Tupper Road, W. Danby)

564-1880

A licensed family-type home that also accepts short-term respite clients.

Kitty Lane (58 Gee Hill Rd., Dryden) 299-4936
A licensed family-type home that also may accept short-term respite clients.

Longview (1 Bella Vista Dr.) 375-6320
Longview sometimes has a bed available in their residential care facility for short-term admissions. Maximum stay of 6 weeks in one calendar year. This charge includes meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

Clare Bridge and Sterling House 256-5094
Operated by Brookdale Senior Living. Clare Bridge offers short and long term stays in their memory care residence to persons with dementia who need supervision in a secure setting. Brookdale's Sterling House offers short-term respite to others needing assisted living services.

Evergreen House and Old Hundred – These are homes operated 277-1342
by Classen Home Health Agency that offer assisted living services. They accept respite/short term stays on a space available basis.

(Note: Area nursing homes may offer out-of-home respite possibilities. Similarly, there are several other larger adult care (assisted living) facilities within 45 minutes of Ithaca that offer overnight respite opportunities. Call the Caregivers' Resource Center to discuss possible options: 274-5492.)