

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 March 2013)

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.

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.

National Alzheimer's Association 1-800-621-0379

National-level information on research and treatment. www.alz.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 an Alzheimer's Support Group, and a general "Caring for Aging Parents" support group. Also makes referrals to other area support groups.

Alzheimer’s Association

Sponsors an Alzheimer’s Support Group that meets at Lifelong 330-1647

Caregiver Counseling

Family & Children's Service – Robert Levine 273-7494

Provides grant-funded in-home counseling to caregivers as well as respite program (see p. 5). 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: Trudy Cedar. 279-8784

Family and Children’s Service: Robert Levine 274-7494

Adult and Long Term Care Services: case management for low income seniors using Medicaid or EISEP home care service 274-5222

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 Senior Citizens Council HIICAP program provides trained volunteers to answer your questions on Medicare, Medigap, and other health insurance concerns.

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 (Companion/Home Helper Services)

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.

RESPITE 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 375-6320
Provides a social day program three days a week (presently Tuesday, Wednesday and Thursday) from 9:00 a.m. to 3:00 p.m. Daily fee of \$38 includes snacks and lunch. (Scholarships may be available.)

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 of \$172.00 is covered by Medicaid or private pay.

IN-HOME RESPITE CARE:

Family & Children's Service 273-7494
The Respite Program provides relief for caregivers who provide ongoing care for an individual who requires in-home supervision. Assistance is available for a few hours on a regular basis to give the primary caregiver personal time to engage in community activities, run errands, or simply take time to relax. Respite services are usually offered between 10 AM-6 PM Monday-Thursday and 10 AM-4 PM on Friday. The full fee for this service is \$18/hr, although reduced rates are available upon request through funding provided through the the United Way and Community Reinvestment funds.

Tompkins County Office for the Aging (Project CARE) 274-5491
Provides assistance to seniors and respite for caregivers through its Project CARE program. Volunteers private respite service typically once a week for a few hour. 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.

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's Respite Program (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.)