

★
*Tompkins County
Office for the Aging* ★

★
ANNUAL REPORT
2012-13



★
Tompkins County Human Services Annex Building
214 W. Martin Luther King Jr./State St.

Ithaca, NY 14850

(607) 274-5482

www.tompkins-co.org/COFA



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Diversity through Inclusion



From the Director...

The past year has been an eventful one at the Tompkins County Office for the Aging. We are proud to be serving the public from our **new office on 214 West Martin Luther King Jr./ State Street**. The downtown, street level location provides us with greater access to the public, with a conference room for group meetings and staff offices in which to meet comfortably and privately with individuals and families. We now have numerous informational materials on display, including a lending library for older adults and family caregivers. The move from our previous location at the County Courthouse was precipitated by the need for additional space from the New York State Court System. We are grateful to the Tompkins County Legislature and local taxpayers for the investment in this new facility from which to serve our burgeoning aging population. I hope you will visit us and utilize all that we have to offer.

In 2012, the Office for the Aging undertook a **needs assessment of Tompkins County residents age 60+**, the third of its kind over three decades. The resulting information will be used over the next several years as the basis for planning and maintaining a network of services to meet the needs of older adults in Tompkins County. Among the findings, and concurrent with the growth in the Baby Boom demographic now between ages 60-70, the older population is more socially engaged, more likely to volunteer, and more likely to be employed in full-time work than in previous surveys. We found local older adults to be connected through computer and cell phone technology to a great extent. At the same time, results still indicate that many older adults face ongoing issues related to home maintenance and repair, caregiving, and managing their health conditions. We will be acting on both the immediate and long term issues identified.

At the time of this writing, we are assessing the effects of the **federal sequestration** on many of our local programs. Home delivered meals, caregiver services and senior employment are among the services impacted. We are deeply concerned about our ability to maintain services in the midst of rising demand and flat or decreasing resources from the Federal Older American's Act. As always, we are vigilant about the impact of key legislation on aging services and on programs which affect seniors, such as Medicare and Social Security.

This report summarizes the array of services offered through the Tompkins County Office for the Aging, both directly and through contracts and partnerships with other community organizations. I hope you find it informative.

Sincerely,
Lisa A. Holmes
Director



Human Services Annex Ribbon Cutting ceremony January 2013—Martha Robertson, Legislature Chair; Frank Proto, Health & Human Service Committee Chair; Arel LeMaro, Facilities Director; Lisa Holmes, Office for the Aging Director; Leslyn McBean-Clairborne, Legislator representing District 2 & Chair of Workforce Diversity & Inclusion Committee.



The Mission

The mission of the Tompkins County Office for the Aging is to assist the senior population of Tompkins County to remain independent in their homes for as long as possible and appropriate, and with decent quality of life and human dignity.

The Office for the Aging Team

Lorraine Cloud, Outreach Worker
 Marge Dean, Part-time Account Clerk/Typist
 Lisa Holmes, Director
 Lisa Lunas, Aging Services Planner
 Rae Lobreva, Part-time Office Assistant
 Lai Siu Leung, Part-time Outreach Worker
 Rodney Maine, Account Clerk/Typist

Susan Martin, Part-time Dietitian
 Suzanne Motheral, Aging Services Specialist
 Eileen Savino, Outreach Worker
 Katrina Schickel, Aging Services Specialist
 Dianna Schooley, Part-time Senior Account Clerk/Typist
 Robert Slocum, Principal Account Clerk/Typist
 David Stoyell, Aging Services Specialist



Office for the Aging Advisory Committee, December 2012

Advisory Committee Members

Betty Balcome	Ardie Bennett	Elizabeth (Betty) Ellis
Jennie Graham	Irene Gutches	Charlie Hart
Ronda Ketcham	Marie Layer	Gene Lovelace
Mary Oltz	Peggy Merrill	Edie Spaulding
		Satomi Hill
		Eleanor May
		Leroy Wollney

Advisory Committee Liaisons

Caryn Bullis (NY Connects)	Melissa Gatch (Health Department)
Betsy Spencer (Foodnet)	Gene Lovelace (Lifelong)
Lenore Schwager (Finger Lakes Independence Center)	Pat Pryor (County Legislature)



Highlights of the 2012-2013 Program Year

New Location

- The Tompkins County Office for the Aging moved to its new location, the Human Services Annex Building, 214 W. Martin Luther King Jr./State St. Ithaca, NY 14850. This downtown location is well-situated for clients and the community. It is located on a bus route, and its first floor location offers greater visibility, accessibility, and convenience. There is a conference room for group meetings, informational displays and resource guides for older adults, a lending library of books, DVD's, and other resources for family caregivers, and an online workstation for the public.

Care Transitions is Growing

- The Community-based Care Transitions Program began serving eligible Medicare fee for service beneficiaries in June 2012. The Office for the Aging is the leader of this initiative, collaborating with Cayuga Medical Center, VNS, and Hospicare and Palliative Care with the goal of reducing hospital readmission rates, among Medicare beneficiaries by 20% over the course of two years. Eligible patients include those individuals who have a high-risk chronic condition which has resulted in a hospital visit.
- In October 2012, our local Care

Transitions Program was pleased to host Dr. Eric Coleman in Tompkins County. Dr. Coleman is the founder and architect of the Care Transitions Intervention which is the evidence-based model used by the Tompkins County Program. Dr. Coleman's site visit was made possible through the Health Foundation of Western & Central NY.

- Throughout 2012-2013, the Office for the Aging and the Care Transitions team educated community groups, agencies, and healthcare providers through presentations and outreach.
- The Office for the Aging participated in the CMS (Centers for Medicare and Medicaid) Learning Sessions on Care Transitions. As a result, the local Care Transitions Team changed the method by which eligible patients are identified. The team completed a credentialing process which allows the local Care Transitions team to have patient-facing privileges at Cayuga Medical Center.

PERS Upgrades

- Office for the Aging continues to work with the Department of Emergency Response on technology infrastructure improvements in the Personal Emergency Response System (PERS) program. Through these efforts, outreach staff visited 187 homes to upgrade the PERS equipment.



Highlights of the 2012-2013 Program Year

Needs Assessment Results

- During the summer of 2012, the Office for the Aging contracted with Horn Research to conduct a county-wide needs assessment of adults age 60 and over. Sampling was conducted to insure results with no more than 5% error at the 95% level of confidence. The topics covered in the survey include: demographics, transportation, health, employment, leisure, social isolation, housing, income, caregiving, and more. Results of the survey will be used by the Office for the Aging and many other entities to plan for the immediate and long-range needs of older adults in these subject areas. Full reports are available by request at the Office for the Aging and at www.tompkins-co.org/cofa.



Did You Know?

Between 2000-2010 Tompkins County experienced:

- 34% increase in persons age 60+
- 89% increase in person age 60-64

Source: 2010 Census

Facts About Tompkins County Older Adults Age 60+

55% have at least a college degree

18% are employed full-time

12% are employed part-time

88% own their own homes

88% drive

82% have a computer with Internet access in their homes

80% have both a landline and cell phone

53% report having arthritis

23% report having fallen recently or are afraid to fall

95% have a primary care physician

97% visited the doctor in the last year

9% are caring for someone age 60+

82% take prescription medications daily

43% take between 3-5 prescription medications daily

Source: Office for the Aging's 2012 Needs Assessment



Highlights of the 2012-2013 Program Year

Falls Prevention in Tompkins County



- The Tompkins County Office

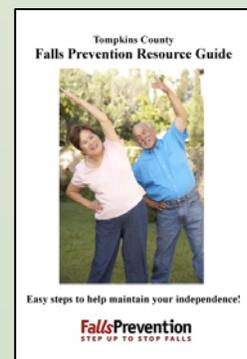
for the Aging continues to collaborate on the Step Up to Stop Falls Coalition, led by the Health Planning Council of Tompkins County with funding through the Health Foundation of Western and Central New York. In Phase I of the grant the Office for the Aging developed a community resource guide on Falls Prevention. A trained staff member at the Office for the Aging met with older adults in their homes throughout the year to complete the “Home Safety Self Assessment Tool.” This tool is a resource used to identify hazards which may lead to falls in the home.



Outreach staff then assists individuals to address those hazards, and where possible, identifies grant funding for home modifications such as grab bars. Today, anyone over 60 years of age in Tompkins County may request a complimentary Home Safety Assessment through the Office for the Aging.

- Together with the Step Up to Stop Falls Coalition, the Office for the Aging hosted a Falls Prevention Summit at Titus Towers in September 2012. The event included the following workshops: Tai Chi, Six Steps to Better Balance, One-on-One Falls Assessments with Ithaca College Occupational Therapy, and Falls Prevention Bingo.
- Betty Perkins-Carpenter, author of How to Prevent Falls presented the keynote address at the Tompkins County Office for the Aging Annual Meeting in May 2012, followed by a T’aiChi demonstration by the Taoist T’ai Chi Society.
- The Office for the Aging continues to participate in Phase II, of the Step Up to Stop Falls Coalition and is engaging medical practices and physical therapy offices.

Resources available at the Office for the Aging:





Community Education, Collaboration & Advocacy

Aging Services Network Meetings

- The Office for the Aging organized monthly Aging Services Network Meetings. The meetings are attended by local aging services professionals and the general public. In 2012-13, topics included: Project Generations, New York State Update with Assemblywoman Barbara Lifton, Veteran's Services, Adult Protective Services, SBIRT: Screening, Brief Intervention & Referral to Treatment, Needs Assessment Overview, Gadabout, Networking & Local Vision for 2013, ICGI: Ithaca College Gerontology Institute Seminar Focus Group.

The Caregiver's Resource Center

- The Caregiver's Resource Center sponsored the following training sessions to the public: "Legal and Financial Issues for Caregivers," "Paying for Long Term Care," "Family Caregiving at the End of Life," "Medicare for Family Caregivers," "The Spiritual Needs of Family Caregivers," "Difficult Caregiving Conversations," "Early Stage Alzheimer's Caregiving," and "The Emotional Cost of Caregiving," In addition, a series of six-week sessions of "Powerful Tools for Caregivers" classes were offered to local caregivers.

Depression Conference

- Together with Suicide Prevention, Finger Lakes Independence Center, and the Mental Health Association, the Tompkins County Office for the Aging co-sponsored the annual depression conference at the Tompkins County Public Library, with approximately 80 people in attendance.

Transportation Planning

- The Office for the Aging was involved in multiple collaborative transportation planning efforts in 2012-13. Staff served on the Independent Transportation Network (ITN) steering committee, which completed a successful community transportation survey. Staff participated in a Regional Transportation Summit, involving service providers and members of the public in Tompkins and contiguous counties. Office for the Aging serves on the coordinated Human Services Transportation Planning Committee, which in 2012 was successful in acquiring the MV-1 wheelchair accessible taxi for Tompkins County. The Office for the Aging is on a subcommittee involved in planning elements of a travel training program for Tompkins County.



Community Education, Collaboration & Advocacy

Program Evaluations

- The Office for the Aging conducts periodic evaluations of all its programs and subcontracts to monitor client satisfaction and ensure that goals are being met. In an effort to improve the quality of services, an evaluation of the following programs were conducted in 2012-2013: Project Care, Legal Services, and NY Connects.

Ithaca Commons Client Committee, New York State Most Integrated Setting Coordinating Council (MISCC), Cornell University's Family Life Advisory Council, and the local Medicaid Redesign Task Force. Members of the Tompkins County Office for the Aging Advisory Committee also serve on many other community boards.

Community Partnerships

- In 2012-2013, Office for the Aging staff members served on several Boards and Advisory Committees including: The Long Term Care Committee of the Health Planning Council, the Human Services Coalition Review Committee, Visiting Nurse Service Professional Advisory Committee, Gadabout Board, the Workforce Investment Board, Visiting Nurse Service Board of Directors, Tompkins Health Network Board, the Tompkins County Workforce Diversity and Inclusion Committee, Health Planning Council Executive Committee and Board, Public Information Officers Committee, Coordinated Human Services Public Transportation Committee, Ithaca College Gerontology Institute Community Advisory Board, Tompkins County Human Services Cabinet,

Training and Staff Development

- In order to remain current in the field of aging, Office for the Aging staff participate in ongoing training and staff development. Training topics included: LGBT Law Clinic on Advance Care Planning, Home Improvement Scams by the Assistant Attorney General, Suicide Awareness Training, Civil Service Training for Supervisors, Aging Concerns Unite Us, Aging Services Network on Veteran's Health Care Services, Empower Program, CMS Community-based Care Transitions Virtual Learning Session, Excel Computer Training, Misuse of Anti-psychotic Medication in Adult Care Facilities, Elder Preparedness Self-Assessment Tool, Adult Protective Services in Tompkins County, SBIRT



Community Education, Collaboration & Advocacy

Training & Staff Development (Cont.)

Training, Defensive Driving, Way2Go Transportation Resources, Workplace Safety, Core Leadership, Evolving Health Care Models to Minimize Polypharmacy and Medication Errors in Aging Adults, Workplace Violence/Safety, Depression Conference, Aging, Disabilities and Quality of Life, Aging and Developmental Disabilities, Emergency Preparedness, SSDI and SSI Benefits & Back to Work Incentives, Regional NY Connects Forum, Travel Training, NYSOFA Systems Integration, and Long Term Care Ombudsman training.

Advocacy Efforts

In 2012-13, the Office for the Aging was involved in advocacy efforts on issues of importance to older adults, including:

- Submitting written testimony to Centers for Medicare and Medicaid Service on the negative consequences of Observation Status for Medicare beneficiaries;
- Educating Federal elected officials about the impact of sequestration cuts on programs funded under the Older American's Act, including home delivered meals and caregiver services;
- Monitoring the effects of the transition to Medicaid managed Long Term Care on local long term care recipients;
- Providing written support for the New

York State's application for the Section 1115 Partnership Plan Waiver to CMS, requesting significant reinvestment in aging programs;

- Developing and disseminating educational materials around health advocacy and Medicare's Observation Status during hospital stays.

Community Outreach and Involvement

In 2012-13 Office for the Aging staff engaged in the following community outreach events:

- Juneteeth, GIAC Festival, Homebuilder's Association, Streets Alive, Tompkins County Employee Benefits Day, Titus Towers congregate meal sites, Wal-Mart, Ithaca College & Cornell University Benefits Fair, Retired Public Employee Luncheon, Lansing Senior Group and Danby Senior Group.
- An educational presentation on LGBT Aging to Cornell University staff and students.
- A community conversation on WSKG public radio on the topic, "Navigating the Aging Process."
- A presentation on the local impacts of national and state policy to an Aging and Social Policy class at Ithaca College.
- A Consensus Workshop on Palliative Care, hosted by Cornell Institute for Translational Research on Aging, in conjunction with Hospicare and Palliative Care Services of Tompkins County and Cayuga Medical Center.



Community Education, Collaboration & Advocacy



Tia Chi, a great way to improve balance, flexibility and muscle strength.

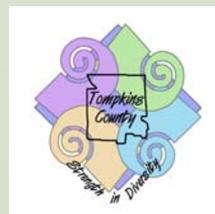
Community Leadership

- **Needs Assessment:** Office for the Aging staffed offered community presentations on selected results of the 2012 county-wide Needs Assessment at the following venues: the Aging Services Network, the Tompkins County Legislature and Health and Human Services Committee, the Health Planning Council Board, the Workforce Investment Board, the Office for the Aging's Advisory Committee and the Board of Foodnet Meals on Wheels.
- **Care Transitions:** Throughout 2012-13, the Office for the Aging offered educational presentations and outreach on the Care Transitions Program to the following organizations: Cayuga Ridge, Beechtree Care Center, Oak Hill Manor, Longview, Bridges at Cornell Heights,

Health Planning Council Board, Tompkins County Ombudsman Program, Cayuga Medical Center Clinical Resource Management Team, Cayuga Medical Center Nurse's Council, Cayuga Medical Center Charge Nurses, and several medical practice office staff. Lisa Holmes, Director presented as a panelist on Care Transitions at the New York State Society on Aging Conference.

Diversity through Inclusion

- The Office for the Aging is committed to diversity within its programs and services. Staff members participate in the following leadership roles in an effort to promote diversity: Tompkins County Workforce Diversity Inclusion Committee, OPWDD subcommittee of the Mental Health Board, the Women With Disabilities Health Network, and the Working Group on Lesbian, Gay, Bisexual and Transgender Aging. Additionally, staff participates in ongoing training opportunities to promote cultural competence to serve a diverse population.



Diversity through Inclusion



Information and Assistance

The Tompkins County Office for the Aging is the community's primary source for information and assistance about the array of services available to older adults, caregivers, and others who are interested.

✓ **Outreach**

Through participation at food pantries, health fairs, senior group gatherings, home visits, and many other activities the Office for the Aging and its subcontractors work to bring services to all seniors who need them. In the fiscal year 2012-2013, the Office for the Aging had 575 community outreach contacts with seniors.

✓ **Insurance Counseling**

The Health Insurance Information, Counseling and Assistance Program (HIICAP) is offered through a contract with Lifelong, with two trained HIICAP counselors on staff at the Office for the Aging and seven volunteer HIICAP counselors coordinated through Lifelong. Trained HIICAP counselors offer one-on-one counseling as well as group presentations on the various aspects of Medicare, Medicaid, private health insurance, long term care insurance, and prescription drug coverage including Medicare Part D and EPIC. The HIICAP program served 715 individuals in fiscal year 2012-2013.

✓ **Senior Circle Newsletter**

The Tompkins County Office for the Aging and Lifelong jointly publish the quarterly Senior Circle Newsletter. Mailed to over 15,000 older adults in Tompkins County, the Senior Circle is a valuable medium to inform people of vital services and events.

“Thank you so very much for attending our monthly meeting. Your presentation was very informative. The news you shared will aid our members they deal with the many problems that come up and the laws change.”

—from the president of a local Senior Group

✓ **Senior Community Service Employment Program**

The Tompkins County Office for the Aging administers the SCSEP, designed to assist income eligible persons age 55 or older with a career transition or a re-entry into the workplace. Subsidized part-time community service placement and necessary training is provided to participants in anticipation of their returning to the workforce. The Office for the Aging has capacity to enroll three qualified individuals through the SCSEP. During 2012-2013, a total of seven people were served.



Long Term Care Assistance

Long Term Care Assistance programs provide a continuum of care and supports to seniors and their families. Long term care services span from small, practical supports which help to keep people living in their homes longer, to hands-on personal care in the home, to assistance and advocacy within nursing homes.

Long Term Care Assistance Programs include the following:

✓ **The Registry**

The Office for the Aging contracts with the Finger Lakes Independence Center to offer the Registry Program. The Registry is a free service linking individuals in need of in-home help with independent job seekers. The Registry lists jobs for personal care aides, home health aides, elder companions, housekeepers, cooks, CNA's, LPN's and RN's. The program prescreens and checks references for all caregivers. The family must interview and negotiate the specific terms of employment. During the fiscal year 2012-2013, 112 seniors utilized the services of the Registry.

✓ **Ombudsman Program**

The Ombudsman Program works to resolve concerns expressed by, or on behalf of residents of long term care facilities. The Tompkins County Office for the Aging accomplishes this through organizing and training community members to visit regularly and advocate on behalf of residents of long term care facilities, giving them a stronger voice in their own care and lives. Currently there are four certified long term care ombudsman volunteers who visit residents in five adult care facilities.

✓ **Personal Emergency Response System (PERS)**

PERS is a communication system which links an individual with the County's emergency medical response system through a small pendant worn on a necklace or bracelet. This system provides 24-hour-a-day protection for individuals who are frail and at risk of falling or other medical emergency. PERS units are available for rental through the Office for the Aging on an income based sliding fee scale. During the fiscal year 2012-2013, a total of 637 seniors utilized PERS machines in their homes in Tompkins County.





Program Overview Long Term Care Assistance, Continued

- ✓ **NY Connects Long Term Care Services:** Staff at NY Connects provide objective and unbiased information about long term care options in Tompkins County, as well as in-home assessment and ongoing case management. A partnership between the Office for the Aging and Department of Social Services, NY Connects Long Term Care Services offers information about long term care to consumers of any age, regardless of income or payor source.
- ✓ **The Long Term Care Committee of the Health Planning Council** serves as the NY Connects Long Term Care Council. The Long Term Care Committee plays an active role in ensuring a coordinated local long term care delivery system, identifying needs and gaps in service and recommending system improvements.
- ✓ **EISEP:** The Expanded In-Home Services for the Elderly Program (EISEP) provides case management, homemaking/personal care and housekeeping/chore services on a sliding fee scale to income-eligible seniors. During the fiscal year 2012-2013, 201 frail elders received 4,599 hours of case management services, 89 individuals were served with 11,333 hours of homemaker/ personal care services, and 110 individuals were served with 7,349 hours of housekeeper/chore services through EISEP. Additionally, under the consumer directed component of EISEP, 18 clients hired their own aides and were provided with 2907 hours of service.

"The lady I visited always appreciated opportunities to get out into the community. She was delighted to be able to attend a community dance with me the year before last. On the dance floor, she was unstoppable. Although in her wheelchair, she was able to dance around freely without inhibitions. I will always remember this image of the beautiful, proud woman on the dance floor. She taught me that people should not be defined by their age, disease, or disability, but rather by the meaning and purpose they find in life."

-Melissa S., Project Generations volunteer

✓ **Friendly Visiting**

The Friendly Visitor Program matches older adults with volunteers who offer companionship and a chance for sharing time and mutual interests. Friendly Visiting is offered through the Tompkins County Office for the Aging and the Northside/Southside Program of Lifelong. The Office for the Aging partnered this year with Ithaca College and Cornell University (Project Generations) where students are paired with a senior in need of a friendly visitor. During 2012-2013, 129 individuals received 2,347 volunteer hours of visiting, an increase of 32% from last year.



Nutrition Program

The nutrition program is provided through a subcontract with Foodnet Meals on Wheels and offers meals to seniors both in their homes, and in congregate settings at four sites in Tompkins County. The nutrition program assures that seniors receive a nutritious, hot meal up to five days per week and learn healthy nutritional habits through education and counseling.

✓ Congregate Meals

This service provides seniors with hot noontime meals Monday through Friday, along with an opportunity for social time and links to other health and supportive services. Congregate Meals are offered at four locations in the County: Groton, Lansing, Trumansburg and the City of Ithaca. The average cost of a hot meal is \$8. A voluntary and confidential contribution is suggested, but no person is denied a meal if they are unable to contribute. During fiscal year 2012-2013, 251 persons were served 32,048 congregate meals.



✓ Home Delivered Meals

This service is provided to Tompkins County seniors who are homebound and/or unable to prepare their own meals. A hot mid-day meal is delivered weekdays, with the option of an additional sandwich meal for the evening. Frozen meals are provided for weekends and holidays. The average cost of a hot meal with an additional sandwich is \$9.50. A voluntary and confidential contribution is suggested, but no person is denied a meal if they are unable to contribute. During the fiscal year 2012-2013, 690 seniors were served 170,111 meals in their homes.

✓ Nutrition Education

Nutrition education is provided in a group setting, covering topics of interest to seniors and emphasizing good nutrition as a component of health. During the fiscal year 2012-2013, 892 seniors received nutrition education.

✓ Nutrition Counseling

Nutritional assessment and counseling is provided to seniors on a one-on-one basis. Foodnet's registered dietitian assists seniors in understanding their dietary needs and restrictions, and provides methods for changing their dietary habits. During fiscal year 2012-2013, 328 people were provided with 375 hours of nutrition counseling.

✓ Senior Farmer Market Nutrition Program

Coupon booklets are free to income-eligible households. Coupons are for the purchase of fresh fruits and vegetables at NYS Farmers Markets. During 2012-2013, 647 booklets were distributed.



Home Repair and Energy Services

Home repair and energy services assist senior homeowners in maintaining their homes and living safely, independently and affordably.

✓ Elder Cottage Program

The Office for the Aging administers the application process for the Elder Cottage Lease Program operated by Better Housing for Tompkins County. An elder cottage is a small, free-standing, energy efficient, removable modular home installed adjacent to an existing single-family home. Tompkins County is the site of New York State's first subsidized Elder Cottage Program. There are currently five elder cottages in Tompkins County.

✓ Weatherization Referral and Assistance Program (WRAP)

The WRAP Program of the Office for the Aging assists income-eligible senior citizens in addressing energy related home repair needs. In addition, funds such as RESTORE are used to assist seniors with emergency health and safety-related repairs. The WRAP Program helps the client assess the work to be done, assists with applications and contractors' bids, and coordinates funding from several agencies. In 2012, New York State discontinued funding for WRAP, but the Tompkins County Legislature provided local funding to keep the program intact for 2013. During 2012-2013, 85 seniors were served by the WRAP Program.



✓ Tompkins County Home Repair Program

The Office for the Aging contracts with Better Housing for Tompkins County and Ithaca Neighborhood Housing Services to provide minor home repairs for seniors in Tompkins County. Priority is given to repairs related to health and safety. In 2012-2013, the Home Repair Program served 135 seniors.

✓ Home Energy Assistance Program (HEAP)

The HEAP Program offers benefits to income eligible individuals to offset the costs of heating their homes or apartments. During the fiscal year 2012-2013, the Office for the Aging processed 710 HEAP applications for seniors and individuals with disabilities.



Caregiver Services

Family caregivers are an integral component of the long-term care system, and the Office for the Aging strives to support them through a number of services.

✓ **Caregivers' Resource Center & Alzheimer's Support Unit**

The Caregivers' Resource Center provides:

- Information to caregivers
- Counseling to caregivers
- A lending library of written and digital materials—including local resource guides
- Quarterly newsletter entitled *"In Support of Caregivers"*
- Workshops on caregiving issues
- Support Groups for caregivers of those with Alzheimer's Disease and other dementias, and a general support group for all caregivers
- Workshop series: Powerful Tools for Caregivers



Caregiver's Resource Center Library

✓ **Student involvement with older adults and caregivers**

Cornell University, Tompkins Cortland Community College, Ithaca College, and Binghamton University provide us with student volunteers, interns and work-study students. Students serve as friendly visitors in the Project CARE program, help with administrative tasks in the office and assist with evaluations and publications. Faculty and staff involved with gerontology at Cornell University and Ithaca College regularly share information and expertise with the local aging services network through the Office for the Aging.

✓ **Project CARE**

Project CARE is an initiative of the Office for the Aging that can help stressed caregivers and the senior citizens for whom they are caring. The Office for the Aging matches seniors and their caregivers with volunteers who are able to help with a number of tasks including errands, shopping, light housekeeping, yard work, transportation and respite. Volunteers provide opportunities for socialization to those who are homebound and isolated. Additionally, the Office for the Aging contracts with agencies to provide professional respite for seniors with medical needs.

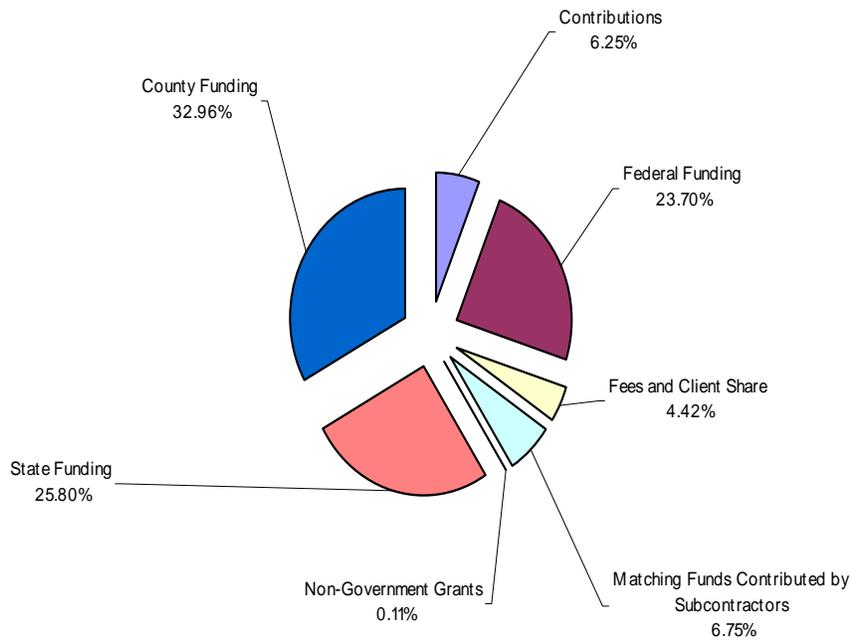
"My visits with this older adult have taught me to have patience. I am thankful that she enjoys our time together as much as I do.

She also told me that she always knows what day it is by when I will be there next. We are looking forward to our time together next semester."

- J.C., Volunteer



Sources of Funding for 2012 Tompkins County Office for the Aging



<u>FUNDING SOURCE</u>	<u>AMOUNT</u>
Contributions	\$159,594
Federal Funding	\$605,579
Fees and Client Share	\$112,969
Matching Funds Contributed by Subcontractors	\$172,467
Non-Government Grants	\$2,900
State Funding	\$659,115
County Funding	\$842,087
	\$2,554,711

Revenue Summary, Tompkins County Office for the Aging-2012-2013 Budget

Account Titles	2012 Federal Funded Programs	2012-2013 State Funded Programs	2012 County Funds	Non-Govt Grant	2012-2013 Fees/Client Share/Other Revenue	Matching Funds Contributed by Sub-contractors to COFA	2012-2013 Subtotal	2012-2013 Contributions	2012 Program Total	2011 Program Total	Variance from 2011
NYS Ombudsman Program: SLTCOP		\$ 3,608					\$ 3,608		\$ 3,608	\$ 4,557	\$ (949)
Federal Older American's Act: ILB	\$ 67,006	\$ 46,511	\$ 187,068			\$ 1,787	\$ 302,372	\$ 1,040	\$ 303,412	\$ 273,633	\$ 29,779
Community Living Program										\$ 46,939	\$ (46,939)
NYS Supplemental Nutrition Assistance Program: SNAP		\$ 203,762	\$ 34,761			\$ 80,343	\$ 318,866	\$ 61,371	\$ 380,237	\$ 392,223	\$ (11,986)
Federal Older American's Act: Title VI/ Employment Services	\$ 36,616		\$ 1,841			\$ 9,969	\$ 48,426		\$ 48,426	\$ 43,698	\$ 4,728
Federal Older American's Act: Title III-C/ Home Delivered & Congregate Meals		\$ 120,329				\$ 40,203	\$ 470,110	\$ 86,353	\$ 556,463	\$ 495,096	\$ 61,367
NYS Community Services for the Elderly/ Congregate Services Initiative: CSE/CSI		\$ 104,463	\$ 46,312			\$ 28,047	\$ 178,822	\$ 8,405	\$ 187,227	\$ 183,062	\$ 4,165
Home Energy Assistance Program: HEAP	\$ 35,389		\$ 18,803				\$ 54,192		\$ 54,192	\$ 43,256	\$ 10,936
RESTORE	\$ 75,000						\$ 75,000		\$ 75,000		\$ 75,000
NYS Expanded In-home Services for the Elderly Program: EISEP		\$ 223,272	\$ 226,902		\$ 13,431	\$ 12,118	\$ 475,723	\$ 200	\$ 475,923	\$ 429,276	\$ 46,647
Federal Older American's Act: Title III-E/ Assistance to Caregivers	\$ 24,129		\$ 12,231				\$ 36,360	\$ 268	\$ 36,628	\$ 42,579	\$ (5,951)
NYS Caregiver's Resource Center: CRC		\$ 19,611	\$ 5,735				\$ 25,346		\$ 25,346	\$ 40,444	\$ (15,098)
Federal Aging & Disability Resource Center: ADRC	\$ 50,000		\$ (16,330)				\$ 33,670		\$ 33,670	\$ 50,820	\$ (17,150)
Federal Nutrition Services Initiative Program: NSIP	\$ 132,857						\$ 132,857		\$ 132,857	\$ 120,612	\$ 12,245
Personal Emergency Response: PERS					\$ (11,080)		\$ 88,458	\$ 1,957	\$ 90,415	\$ 110,830	\$ (20,415)
NYS: NY Connects		\$ 43,987	\$ (2,022)		\$ 99,538		\$ 41,965		\$ 41,965	\$ 43,987	\$ (2,022)
Federal Community-based Care Transitions Program: CCTP	\$ 1,250		\$ 584	\$ 2,900			\$ 4,734		\$ 4,734		\$ 4,734
Health Ins. Counseling & Assistance Program: HILCAP	\$ 39,336	\$ 13,901	\$ (7,852)				\$ 45,385		\$ 45,385	\$ 50,926	\$ (5,541)
College for Lifelong Learning										\$ 6,568	\$ (6,568)
Federal Older American's Act: Ill-D/ Health Promotion	\$ 3,020		\$ 1,193				\$ 4,213		\$ 4,213	\$ 5,246	\$ (1,033)
Weatherization Referral Assistance & Packaging Program: WRAP	\$ 11,006		\$ 32,672				\$ 43,678		\$ 43,678	\$ 34,766	\$ 8,912
Federal Older American's Act: Title VIII/ Ombudsman	\$ 9,641		\$ 1,691				\$ 11,332		\$ 11,332	\$ 12,283	\$ (951)
TOTALS	\$ 605,579	\$ 659,115	\$ 842,087	\$ 2,900	\$ 112,969	\$ 172,467	\$ 2,395,117	\$ 159,594	\$ 2,554,711	\$ 2,430,801	\$ 123,910