



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

2023

Annual Report

From the Director...

It is my privilege to present the Tompkins County Office for the Aging's Annual Report for 2023. Serving Tompkins County since 1975, the Office for the Aging, our contractors, and our local network of service providers work together to make Tompkins County a great place to live, work, retire and age in community.

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more.

This year's theme, "Powered by Connection", focuses on the profound impact that meaningful connections have on the well-being and health of older adults—a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

This May, community groups, businesses, and organizations can make a mark on Older Americans Month by spreading the word about the mental, physical, and emotional health benefits of social connection. These benefits are achieved through both professional and personal networks: by promoting opportunities to engage like cultural activities, recreational programs, and interactive events; connecting older adults with local services such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems; and by hosting connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

Individuals can invite more connection into their life by finding a new passion, joining a social club, taking a class, or trying new activities in their community.

Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring and investing time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors. It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being.

This Annual Report shares the programmatic highlights and the core services provided by the Office for the Aging in 2023. Our work is made possible through dedicated staff, volunteers, subcontractors, and community partners. It is through these collaborative endeavors that we maintain a network of home and community-based services for older adults in Tompkins County. Together, we strive to support older adults to remain in and be involved with their communities as they choose. We thank the Tompkins County Legislature for their ongoing support for our programs, and the community members to whom we are responsible.

Sincerely,
Lisa Monroe

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

Our Mission

To assist older adults and persons with long term care needs to live independently in their homes and communities with quality of life and dignity.

Office for the Aging Staff

Caryn Bullis, Deputy Director

Trish Chevallard, Aging Services Specialist

Tyler Cornell, Senior Account Clerk Typist

Andrea Davis, Outreach Worker

Katrina Davis, Ombudsman Program & Outreach Specialist

Amy Jackson, Aging Services Specialist

Rae Lobreva, PT Office Assistant

Kate Lyon, Ombudsman Program & Outreach Specialist

Rodney Maine, Fiscal Coordinator II

Susan Martin, PT Dietitian

Lisa Monroe, Director

Heidi Morse, Long Term Care Specialist

Brenna Mazur, PT Account Clerk Typist

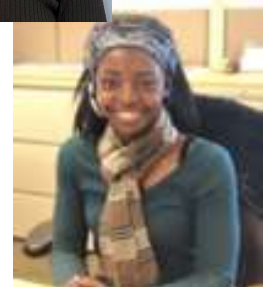
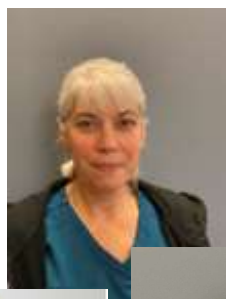
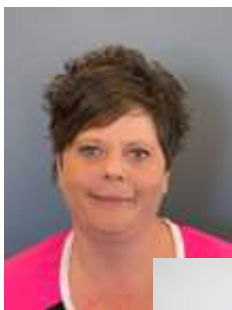
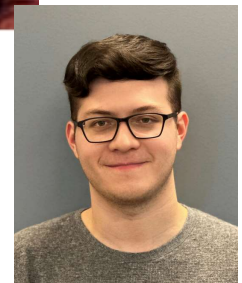
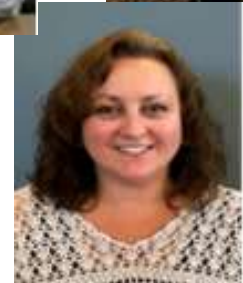
Dawn Sprague, Aging Services Specialist

Holly Stevenson, PT Home Health Aide

Tom Weber, PT Outreach Worker

Bob Slocum, Retired, 30 years with Tompkins County

Donna Wilmot, Retired, 6 years with Tompkins County





2023 Advisory Committee Members

Carolyn Beyers
Laurie Hultberg
Carol Mallison
Patty Stamm

Charlie Hart
Joanne Izbicki
Deb Roe

Susan Hatch
Bill Lesser
Carrie Shearer

Advisory Committee Liaisons

Sarah Askew, StateWide Senior Action
Liza Burger, Lifelong
Aly Evans, Foodnet Meals on Wheels
Samantha Hillson, Tompkins County Whole Health
Cheryl Jewell, Love Living at Home
Dan Klein, Tompkins County Legislature
Jan Lynch, Finger Lakes Independence Center
Meghan Molloy, Tompkins County Public Library
Sue Ellen Stuart, Visiting Nurse Service
Kristen Wells, Gadabout

Highlights of 2023



Age Friendly Update

Tompkins County and the City of Ithaca are part of the AARP Network of Age Friendly Communities, an initiative of the World Health Organization intended to help municipalities prepare for rapid population aging. The initiative is designed to help communities and local governments incorporate healthy, age friendly principles into relevant policies and programs. The Office for the Aging is collaborating with several community organizations to continue implementing age friendly initiatives. In 2019, we were designated as one of five Centers for Excellence in New York State funded to support the NYS Health Across All Policies Initiative by promoting Age Friendly, the NYS Prevention Agenda and Smart Growth Planning principles. The primary goal of the Tompkins County Center for Excellence (TCAFCFE) is to create livable communities for all ages to promote healthy aging by transforming the social and physical environment to support health and well-being for community members across the lifespan. This goal is achieved through cross-collaboration with organizational partnerships and stakeholder input. The TCAFCFE works directly with County agencies, non-profit organizations, academic institutions, and private partners to advance systems change and solutions at the county level, and to share best practices state-wide. In 2023, we collaborated with students in Professor Mildred Warner's City and Regional Planning Class on Age Friendly Planning from Cornell University. The students conducted research on action items from the TC Age Friendly Action Plan and developed extensive reports on home modifications, transportation safety, delivery services, the role of libraries and fire stations in age friendly service delivery, and ways to increase childcare supply. They also developed a guidebook on Age Friendly Planning for local planning boards. These comprehensive reports were presented to the community at an event held in December 2023.

Highlights of 2023

Community Assessment Survey for Older Adults

In 2023, the New York State Office for the Aging (NYSOFA), in partnership with the Association on Aging in NY (AgingNY) and the research firm Polco, launched a statewide Community Assessment Survey for Older Adults (CASOA). Initial feedback was collected through a randomly selected sample who received a survey in the mail from NYSOFA. In the second phase of the survey all community members age 60 and over were encouraged to complete the survey online. The survey covered six areas: overall community quality, community and belonging, community information, productive activities, health and wellness and community design and land use.

Social Engagement

At the Office for the Aging we have several programs available to combat social isolation and loneliness and promote social engagement.

Elli Q

Elli Q is a digital care companion that helps older adults remain active, engaged, and independent. Designed for individuals that spend most of their day alone, Elli Q empowers older adults to take control of their physical, mental, and social health. Elli Q proactively offers health and wellness support, entertainment, communication features, and a concierge service to help with daily activities. In 2023, 17 clients received Elli Q's.



Highlights of 2023



Joy for All Companion Pets

There is compelling evidence that shows these lifelike robotic pets increase meaningful interactions between family and friends, can facilitate intergenerational connection, stimulate conversation and communication, calm anxiety and soothe those who are agitated. These pets can increase quality of life for those with dementia or who are socially isolated. We have several cats and dogs and new Walker Squawker animatronic birds that are available for "adoption". These interactive animatronic pets offer support, comfort, and companionship to older adults. In 2023, 29 clients received pets.

Virtual Senior Center (VSC)

The Virtual Senior Center (VSC) gives older adults a place to go, learn, explore, and socialize without having to go anywhere. An active online community with live courses 12 hours a day, 365 days a year, the VSC is a constant and welcoming companion to help make meaningful connections. The Office for the Aging is partnering with our local Senior Center, Lifelong, to provide this service.

COFA Monthly Newsletter

In March of 2022, the Office for the Aging released the first edition of our monthly electronic newsletter. Entitled "COFA News & Updates", the newsletter is a source of information for any events, updates, or news pertaining to our office and/or aging services. The newsletter is sent via email generally around the 15th of each month. As of this report we have 2,773 subscribers. To sign up please visit our website at www.tompkinscountyny.gov/cofa.

COMMUNITY COLLABORATION

In 2023, Office for the Aging staff members served on several Boards and Advisory Committees including:

- Tompkins County Health & Human Services Committee
- Master Plan on Aging Town Hall meetings
- Long Term Care Committee
- Tompkins County Office for the Aging Advisory Board
- No Wrong Door Implementation Team
- Gadabout Board
- Tompkins County Foodplan Committee
- Age Friendly Steering Committee
- Tompkins County Strategic Planning
- Lifelong Strategic Planning
- Health Transformations Network Governance Committee
- CHIP/CHA MAPP Steering Committee
- Continuum of Care
- Homeless and Housing Taskforce
- Coalition for Snow Free Sidewalks and Crosswalks
- VNS Board
- Human Services Coalition Board

COMMUNITY OUTREACH

In 2023, the Office for the Aging staff engaged in outreach and offered services presentations for the following groups and events:

- McGraw House
- TC Whole Health
- Trumansburg Senior Group
- Dryden Senior Group
- Newfield Senior Group
- Heart Health Fair
- Lansing Senior Group
- Enfield Senior Group
- Southside Community Center
- Caroline Senior Group
- EcoVillage Seniors
- Salvation Army
- Danby Senior Group
- Willowbrook
- Titus Towers
- Nate's Tenants Group
- Emergency Preparedness Fair
- Lifelong Fall Risk Screening Event
- Dryden Dairy Days
- Groton Olde Home Days

TRAINING AND STAFF DEVELOPMENT

In order to remain current in the field of aging, Office for the Aging staff participated in trainings in 2023 on many topics including:

What's New for Medicare in 2023?; Medicaid Monday: NY Medicaid, 2023 Update; NTP Medicare Update & Education Webinar; ASN: End of Life Doula; From Planning to Action: Highlights from LGBTQ+ Inclusive Area Agencies on Aging; Competency and Care: Understanding Staffing Training and Responsibility Requirements; Financial Eligibility Increases for Non-MAGI Medicaid and MSP; Peer Place Bi Weekly Calls; Medicare, Medicaid and Long Term Care: What You Need to Know; NY Connects Quarterly Calls; Coordinated Entry Long Term Care; GoToWebinar- New York Independent Assessor; ASN: LawNY; Medicaid Monday: Qualifying for Medicaid; NYS Caregiving Respite Coalition; Excel: Introduction, Intermediate, and Advanced Class Series; Tough Stuff: Education and Conversation around Special topics relating to aging, chronic illness, serious illness, death, dying and long term care; ASN: Safe Driving; Medicaid Monday: Medicaid Asset Protection Trusts; Medicare and Home Health Care; Are We Relying to Heavily on Medications to Treat Distressing Behaviors?; Advance Planning Basics: An Overview for Advocates; Assisting Older Borrowers in Navigating the Changing Federal Student Loan System; Medicaid Monday: Pooled Trusts; Monthly Caregiver Coordinator Calls; ASN: Open Doors Program; Grief in Caregiving (During and After); HHCAP Trainings; Differential Diagnosis of Dementia; Basic AED/CPR; EPIC 101; Successful Public Health Approaches in Dementia Caregiving; ACUU Conference; Oral Health Coverage and Care for Older Adults; Medicaid Planning for Individuals with a Disability; Medicare and Transportation Services; ASN: Aging and Climate Change

COMMUNITY EDUCATION

The Office for the Aging organizes monthly Aging Services Network Meetings, attended by local aging services professionals and the general public. In 2023, topics included:

- End of Life Doula
- Law NY
- Safe Driving
- Open Doors Program
- StateWide Senior Action
- Certified Aging in Place Specialist (CAPS)
- Aging and Climate Change
- Sustainable Finger Lakes
- City and Regional Planning Class on Age Friendly Planning from Cornell

COLLABORATIONS WITH EDUCATIONAL INSTITUTIONS

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 work 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.

2023 student office interns/work study students:

Cheryl Willer, Liberty University
Lily Stevens, Ithaca College
Selina Ali, Ithaca College

VOLUNTEERS

Outstanding Volunteer Award

Each year the Office for the Aging accepts nominations for volunteers age 60+ who have made significant contributions to the community through civic engagement. These awards are presented during the month of May for Older American's Month and then recognized again by NYSOFA for Older New Yorker's Day. In 2023 our Outstanding Volunteers were Arthur Berkey and Bill and Sherry Alberta.



Arthur Berkey



Bill and Sherry Alberta

Our office is supported by volunteers who selflessly give their time to support our programs such as the Long Term Care Ombudsman Program and the Project CARE Friendly Visiting Program and serve the needs of older adults in our community. Without them, our office would not be able to provide such valuable services. We appreciate their contributions everyday and say thank you!

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 persons with long term care needs.

✓ 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 older adults who need them. In 2023, the Office for the Aging had 961 community outreach contacts with older adults.

✓ Senior Circle Newsletter

The Tompkins County Office for the Aging and Lifelong jointly publish the quarterly Senior Circle Newsletter. Mailed to over 12,000 older adults in Tompkins County, the Senior Circle is a valuable medium to inform people of vital services and events.

✓ Insurance Counseling

The Tompkins County Office for the Aging contracts with Lifelong to provide coordination of our Health Insurance Information, Counseling and Assistance Program (HIICAP). This includes training/education, certification, information/outreach and management of volunteers. In 2023, we had three trained counselors on staff at the Office for the Aging and 11 volunteer counselors 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. HIICAP had 933 contacts during 2023.

LONG TERM CARE ASSISTANCE

Long Term Care Assistance programs provide a continuum of care and supports to older adults 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:

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

PERS is a communication system which links an individual with a call center that can dispatch emergency responders when needed or contact a designated person or persons. This system provides 24-hour-a-day protection for individuals who are frail and at risk of falling or other medical emergencies. PERS units are available for rental through the Office for the Aging. During 2023, a total of 421 people utilized PERS machines provided through the Office for the Aging.



“I needed my alert system when I fell getting out of the shower this morning. I had asked the system to add my neighbor to the list of people to call, they did just that. I called the alert system and thanked them for following my request. This is my lucky day-I’m up and no broken bones!”

LONG TERM CARE ASSISTANCE

✓ Falls Prevention

Trained outreach staff from the Office for the Aging offer Home Safety Assessments to older adults in the community. During an assessment, fall hazards are identified and addressed wherever possible. If necessary, assistance and referrals are provided for issues requiring modification or repair, such as installation of grab bars or railings. In 2023, Office for the Aging staff assisted 18 clients with Home Safety Assessments.

Two staff in our office are Certified Aging in Place Specialists (CAPS). They can provide home visits to evaluate the home and provide suggestions to aide in aging in place primarily using the principles of Universal Design.

✓ NY Connects Long Term Care Services

Staff at NY Connects/Tompkins County Office for the Aging provide objective and unbiased information about long term care options in Tompkins County. A partnership between the Office for the Aging, the Department of Social Services, Finger Lakes Independence Center, and Tompkins County Whole Health, NY Connects offers information about long term care to consumers of any age, regardless of income or payer source. In 2023, NY Connects/Tompkins County Office for the Aging provided 1,652 instances of Information and Assistance.



✓ The Long Term Care Committee of the Health Planning Council

This committee 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.

LONG TERM CARE ASSISTANCE



In-Home Services

The EISEP Program provides case management, homemaking/personal care and housekeeping/chore services on a sliding fee scale to income-eligible older adults. Case management is offered through contract with Tompkins County Adult and Long Term Care Services, and aide service is offered through contract with Caregivers and Home Instead Senior Care. During 2023, 98 frail elders received case management services, 8 individuals were served with 803.25 hours of homemaker/personal care services, and 21 individuals were served with 1,845.75 hours of housekeeper/chore services. Additionally, under the consumer directed component of EISEP, 39 clients hired their own aides and were provided with 8,846.25 hours of service. Finger Lakes Independence Center is the fiscal intermediary for consumer directed services.

Through our Unmet Needs funding, we have hired a Personal Care/Home Health Aide to serve clients who are currently on our waitlist. Clients remain on our waitlist when the contracted agencies and consumer directed program are unable to serve them due to the lack of availability of aides, geographic location, etc. In 2023, our Personal Care/Home Health Aide served 11 individuals with 307.30 hours of homemaker/personal care services and 15 individuals were served with 229.25 hours of housekeeper/chore services.

Through both of these programs we are able to assist clients with remaining at home for as long as possible safely and with dignity.

LONG TERM CARE ASSISTANCE



✓ **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 and cooks. The program prescreens and checks references for all caregivers. The family must interview and negotiate the specific terms of employment. During 2023, 175 older adults utilized the services of the Registry.



**Office of the State
Long Term Care
Ombudsman**

✓ **Long Term Care Ombudsman Program**

The Long Term Care Ombudsman Program works to resolve concerns expressed by, or on behalf of residents of long term care facilities. This is accomplished by recruiting and training community volunteers to visit long term care facilities and advocate on behalf of residents, giving them a stronger voice in their own care and lives. In 2023, our program expanded to include one new staff position and had 5 certified long term care ombudsman volunteers serving Tompkins, Schuyler, and Chemung Counties.

LONG TERM CARE ASSISTANCE

✓ Project CARE Friendly Visiting

The Project CARE Program of the Office for the Aging matches older adults with volunteers who offer companionship and a chance for sharing time and mutual interests. The Office for the Aging partners with Project Generations Programs at both Ithaca College and Cornell University, whose student volunteers are paired with older adults. During 2023, volunteers provided 11 individuals with weekly friendly visits.



We had such a nice chat. He is DELIGHTFUL! It seems we have a lot to talk about. The visits bring me such joy, I find myself looking forward to the next. We have made a great connection and we truly enjoy each other's company.

-P.S., Volunteer

NUTRITION PROGRAM

The Senior Nutrition Program is provided through a subcontract with Foodnet Meals on Wheels and offers meals to older adults, both in their homes, and at social dining sites throughout Tompkins County. The nutrition program assures that participants receive a nutritious, hot meal up to five days per week, options for evening sandwich meals and weekend frozen meals. Foodnet’s Registered Dietitian provides nutrition education and counseling.

✓ Congregate Meals

This service provides older adults with hot noontime meals Monday through Friday, along with an opportunity for social time and links to other health and supportive services. Currently, social dining is offered 5 days per week at Titus Towers in the City of Ithaca. A voluntary and confidential contribution of \$3.50-\$9.50 is suggested, but no person is denied a meal if they are unable to contribute. During 2023, 80 people were served with 11,669 congregate meals.



✓ Home Delivered Meals

This service is provided to Tompkins County older adults 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. A voluntary and confidential contribution of \$3.50-\$9.50 is suggested, but no person is denied a meal if they are unable to contribute. During 2023, 508 older adults were served 105,305 meals in their homes.



NUTRITION PROGRAM

✓ **Nutrition Counseling**

Nutritional assessment and counseling is provided to older adults on a one-on-one basis. Foodnet's registered dietitian assists older adults in understanding their dietary needs and restrictions, and provides methods for changing their dietary habits. During 2023, 306 people were provided with 392.95 hours of nutrition counseling.

✓ **Nutrition Education**

Nutrition education is provided to Foodnet participants in a group setting, covering topics of interest and emphasizing good nutrition as a component of health. During 2023, 13 sessions of nutrition education programming was provided.



✓ **Senior Farmer's Market Nutrition Program**

The Office for the Aging distributes coupon booklets worth \$25 to income-eligible households. Coupons are for the purchase of fresh fruits and vegetables at participating NYS Farmers Markets. During 2023, 700 booklets were distributed to older adults throughout Tompkins County.

SERVICES



✓ **Mosaic Program**

The goals of the Mosaic Program are to enhance programming with regards to diverse program topics, learn from experiences of those who may be marginalized, strive for offerings that are inclusive, diverse, equitable and accessible, and look at several diverse populations including but not limited to: race, ethnicity, religion, sexual orientation, and people with disabilities. In 2023, programs included an Africana Film Series, LGBTQ+ programming, the Stand Up Women event, and West Africa on a Plate.



✓ **Legal Services**

The Office for the Aging contracts with Legal Assistance of Western New York to provide eligible clients with legal assistance on civil matters such as evictions, foreclosures or public benefits. In 2023, 31 people received 79.5 hours of legal assistance.

✓ **Aging Mastery Program**

The Office for the Aging contracts with Lifelong to offer the Aging Mastery Program (AMP). This program offers 10 classes that encourages developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. This program was held in the Fall of 2023 and served a total of 14 people.



✓ **Transportation**

The Office for the Aging now partners with Gadabout for transportation services by purchasing tickets in bulk to distribute to persons over 60 or with disabilities from our office. In 2023, 156 older adults received tickets.

HOME REPAIR AND ENERGY SERVICES

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



✓ Tompkins County Small Home Repair Program

The Office for the Aging contracts with INHS to provide small home repairs and safety modifications for older adults in Tompkins County. Priority is given to income-eligible older adults who need repairs related to health and safety in order to remain independent in their homes. This program continues to work hand in hand with COFA's Falls Home Safety Assessment Program where COFA's Outreach Workers provide valuable home visits to identify fall hazards and modifications that can be made in the home. In 2023, the Small Home Repair Program served 81 older adults with 1,521.4 hours of service.



✓ 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 2023, the Office for the Aging processed 525 HEAP applications for older adults and individuals with disabilities.

CAREGIVER SERVICES

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

✓ Project CARE

Project CARE is an program of the Office for the Aging that can help stressed caregivers and the older adults for whom they are caring. The Office for the Aging matches older adults and their caregivers with volunteers who are able to help with a number of tasks including errands, shopping, light housekeeping, yard work, and respite. Volunteers provide opportunities for socialization to those who are homebound and isolated.



CAREGIVER SERVICES

✓ Caregivers' Resource Center & Alzheimer's Support Unit

The Caregivers' Resource Center provides:

- Information for caregivers
- Options counseling for caregivers
- A lending library of written and digital materials and local resource guides
- Quarterly *In Support of Caregivers* newsletter
- Caregiver Packets for those caring for Alzheimer's patients and general Packets to assist caregivers with planning and other important processes
- Workshops on caregiving issues
- Support Group for caregivers of persons with Alzheimer's & other dementias.
- Six week workshop series: Powerful Tools for Caregivers

In 2023, the Caregivers Resource Center sponsored the following training sessions to the public:

Estate Planning; Everything's An Experiment; Preparing Your Home for Caregiving; Effective Communication Strategies; Understanding and Responding to Dementia Related Behaviors; Healthy Living for Your Brain and Body; AmeriCorps Seniors Info Session; Caring for the Caregiver; Probate Made Easy

In addition, a series of six-week sessions of "Powerful Tools for Caregivers" classes were offered to local caregivers in the Spring and a Master Train the Trainer session took place in the Fall.



CAREGIVER SERVICES

Caregiver Initiatives

✓ **Trualta**

There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. Trualta is a web-based caregiver education and support platform that teaches critical skills to reduce caregiver stress levels and increase confidence in one's caregiving abilities.

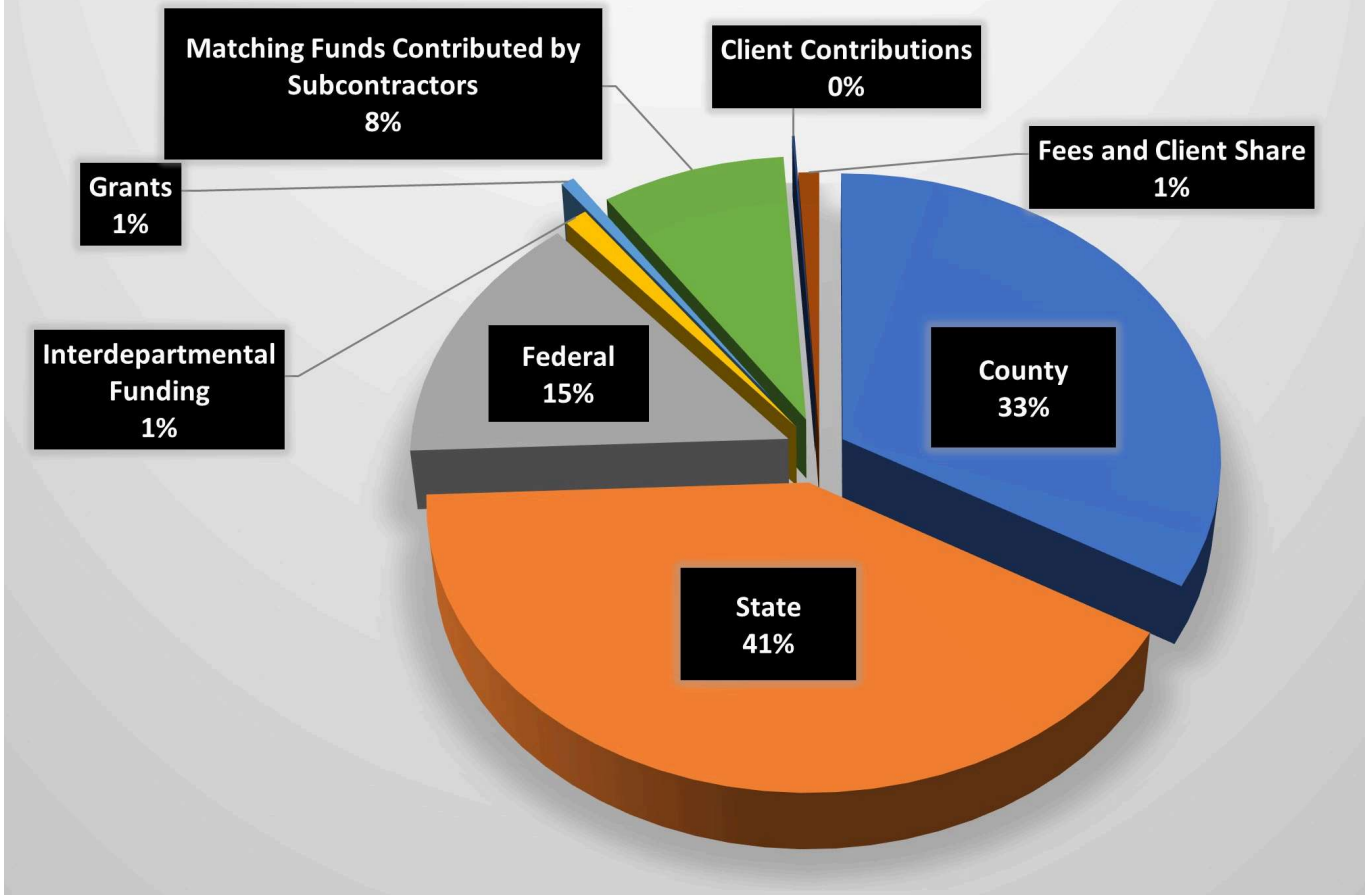
The New York State Office for the Aging (NYSOFA) and the Association on Aging in New York (AgingNY) partnered with Trualta to offer this platform at no cost to any unpaid caregiver in New York State. Caregivers can access this service at <https://newyork-caregivers.com>

✓ **ARCHANGELS**

A "caregiver" is defined as a family, friend, or neighbor who helps an individual with their daily living. ARCHANGELS is a national movement and a platform that is reframing how caregivers are seen, honored, and supported using a combination of data and stories. Their Caregiver Intensity Index (CII) is designed to engage all caregivers, even those who do not see themselves in that role.

The platform provides each caregiver with a 'score' that not only validates their experience, but crosswalks them over to the resources that exist but often go underutilized due to lack of awareness. Connect with ARCHANGELS at archangels.me.

Tompkins County Office for the Aging Sources of Funding for 2023



Funding Source	2023 COFA Budget
County	\$1,057,758
State	\$1,299,871
Federal	\$458,504
Interdepartmental Funding	\$34,144
Grants	\$19,800
Matching Funds Contributed by Subcontractors	\$267,488
Gifts and Client Contributions	\$3,700
Fees and Client Share	\$30,000
Total	\$3,171,265

COFA Funding Sources	2023
Alzheimer's Association of CNY Respite Grant	\$19,800
Expanded NY Connects	\$279,522
Federal Health Insurance Information, Counseling and Assistance Program	\$34,160
Federal Home Energy Assistance Program	\$34,144
Federal Medicare Improvements Patients and Providers Act	\$16,344
Federal Nutrition Services for the Elderly Program	\$112,915
Federal Older Americans Act: Title IIIB	\$75,870
Federal Older Americans Act: Title IIIC	\$172,805
Federal Older Americans Act: Title IIID	\$5,457
Federal Older Americans Act: Title IIIE	\$40,953
County Funded Small Home Repair and Safety Program	\$26,525
County Funded Personal Emergency Response Program	\$35,533
County Funding (All Other Programs)	\$995,700
NYS Caregiver Resource Center	\$19,611
NYS Community Services for the Elderly Program	\$173,231
NYS Unmet Needs Program	\$170,803
NYS Expanded In-Home Services for the Elderly Program	\$265,559
NYS Ombudsman Program	\$124,869
NYS Wellness in Nutrition	\$266,276
Matching Funds Contributed by Subcontractors	\$267,488
Client Contributions	\$3,700
Client Fees and Cost Share for Services	\$30,000
Total	\$3,171,265



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024



NY Connects
Your Link to Long Term
Services and Supports

of TOMPKINS COUNTY

(800) 342-9871 607-274-5482

Tompkins County Human Services Annex Building

214 W. Martin Luther King Jr./State St.

Ithaca, NY 14850

607-274-5482

www.tompkinscountyny.gov/cofa

