
Long Term Support Services *in Tompkins County*



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

NY Connects/Tompkins County Office for the Aging
31 Dutch Mill Road
Ithaca, NY 14850
www.tompkinscountyny.gov/All-Departments/Aging

Long Term Support Services in Tompkins County

Titles in this booklet series*:

- Housing for Older Adults in Tompkins County
- Long Term Support Services in Tompkins County
- Resources for Caregivers in Tompkins County
- Tompkins County Fall Prevention Resource Guide

*This entire set of resource guides and other publications of the Tompkins County Office for the Aging are available online at:
www.tompkinscountyny.gov/All-Departments/Aging

Unless otherwise stated, services and price levels described in this booklet are those scheduled to be in effect March 2026 and are subject to change.

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NY Connects/Tompkins County Office for the Aging
31 Dutch Mill Road
Ithaca, NY 14850
607-274-5482
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NY Connects/Tompkins County Office for the Aging

This booklet is published by NY Connects/Tompkins County Office for the Aging, which you can contact to learn about the wide variety of long-term care support services offered to older adults in Tompkins County. These support services and living arrangements comprise the long-term care network that enables older adults to live safely and comfortably throughout their lives.

In general, these services are either in-home or residential. It is important to investigate and discuss options with family and friends in order to make the best choices.

Both public and private agencies provide medical and social assistance. Older adults may only require services such as home delivered meals, or they may need the complete medical and therapeutic services of a long-term care facility. All of the housing arrangements described in this booklet are licensed to provide service.

A companion booklet called *Housing for Older Adults in Tompkins County* describes in more detail the various housing options provided in Tompkins County. Another booklet, titled *Resources for Caregivers in Tompkins County*, gives more detailed information about services to support caregivers.

These booklets are available in hardcopy and on the website of the Tompkins County Office for the Aging along with other booklets in this series listed on the first page.

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IN-HOME ASSISTANCE

Tompkins County Long Term Care Services

Tompkins County Long Term Care Services provides publicly funded home care services to Tompkins County residents. Contact them for information and case management for individuals of any age for certain Medicaid funded long-term care. Tompkins County Long Term Care Services also conducts the Patient Review Instrument (PRI) assessment required for nursing home admission.

Medicaid Home Care (for Medicaid clients of any age)

All care is arranged through the New York Independent Assessor (NYIA). NYIA conducts all initial assessments which include the Community Health Assessment and a clinical exam. For those whose needs are assessed at PCA 1 level, they will be referred back to the local Long Term Care unit at DSS for options counseling.

Tompkins County Long Term Care Services
Human Services Building
320 W. Martin Luther King Jr./State St., Ithaca, NY 14850
607-274-5278

Tompkins County Office for the Aging

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. Clients pay for services on a sliding fee scale based on their income and housing expenses. There is no charge for case management.

Consumer Directed Personal Assistance Program (CDPAP)

provides the same services as a personal care aide in the EISEP or Medicaid program, however, the consumer is responsible for

hiring, scheduling, and designing the care plan.

Medicaid Managed Long Term Care

Medicaid Managed Long Term Care (MLTC) is a mandatory program for Medicaid recipients who are expected to need assistance with personal care for more than 120 days. They enroll in a MLTC health plan that pays for needed aide service, other community-based long term care services and medical services not covered by Medicare.

There are three local MLTC Health Plans:

- Fidelis Care at Home: 800-688-7422
- iCircle Care: 844-424-7253
- Nascentia Homecare: 888-477-4663

Medicaid recipients who newly need long-term care services must call the NY Independent Assessor (NYIA) for an evaluation of their need for MLTC services. 855-822-8350

ICAN (Independent Consumer Advocacy Network)

NY State funds an independent advocacy service, ICAN, which can help individuals, or their friends, family or representatives enroll in MLTC plans, give advice about their managed care options, or solve problems with their plan or providers (e.g., doctors, home care agencies). They can also assist with filing of complaints or appeals. They are not connected with any health insurance plan. All help is free and confidential.

Call ICAN at 844-614-8800

Email: ican@cssny.org

Nursing Home Transition and Diversion Medicaid Waiver

NHTD waiver services include assistive technology, assistance in cost of moving back into the community from a nursing home, home modifications, home visits by a physician, independent living skills training, respiratory therapy, relief for non-paid primary caregivers in a 24-hour block of time, and several other services.

Southern Tier Independence Center (STIC)
135 E. Frederick St., Binghamton, NY 13904
607-724-2111
www.stic-cil.org

Home Care & Home Health Care Agencies

Home Care and Home Health Care Services are offered by the agencies listed in the following pages. Services may also be privately arranged. 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:

- Registered Nurse (RN) - Licensed by the State of New York to do specific medical care.
- Licensed Practical Nurse (LPN) - Licensed by the State of New York to do a lower level of medical care.
- Home Health Aide (HHA) - Trained to provide medical related services and personal care such as bathing/dressing.
- Personal Care Aide (PCA) - Provides personal care such as bathing, grooming assistance, and meal preparation.
- Homemaker/Companion - Assists with home management activities such as meal preparation, housekeeping, shopping, companion visits or escorting, running errands, etc.

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. When a family makes an employment agreement directly with the caregiver, its members assume these responsibilities.

Payment is made by the family, a third party such as Medicaid, Medicare, or an insurance company.

Medicare-Certified Home Health Care

The following agency is certified by Medicare to provide Medicare-paid home health care. Medicare only pays for home health care when the doctor prescribes what Medicare considers “skilled medical care” in the home such as physical therapy, speech therapy, or medical services provided by a nurse. The patient must be considered homebound by Medicare’s definition.

Visiting Nurse Service of Ithaca and Tompkins County

This not-for-profit home health agency provides medical therapies and long-term care services in the home.

Services provided include:

- Skilled Nursing
- Medical Social Work
- IV Therapy
- Nutritional Therapy
- Patient Education
- Home Health Aide
- Wound Care
- Respiratory Therapy
- Physical Therapy
- Occupational Therapy
- Audiology
- Tele-Health Monitoring Service
- Speech Pathology

Reimbursement comes from Medicare, Medicaid, and health insurance companies if conditions for coverage are satisfied. Private duty care is also available. A physician orders the care through this agency. Services are available to Tompkins County residents 7 days a week, 24 hours per day. A registered nurse is available at all times for consultation.

Visiting Nurse Service of Ithaca and Tompkins County, Inc.
138 Cecil A. Malone Dr., Ithaca, NY 14850
607-273-0466
www.vnsithaca.org

Licensed Home Care Agencies

CareGivers

CareGivers is a State Licensed Home Health Care Agency. CareGivers provides nurses, home health aides, personal care aides and companion services from 2 hours per day, once a week to 24 hours per day, 7 days a week. All services are supervised by a Registered Nurse who does an initial patient assessment and ongoing evaluations at no additional charge.

Home Care Rates:

- Registered Nurse: \$99.00/visit
- Personal Care or Home Health Aide: \$34.75/hour (2 hr. minimum)
- Companion/Housekeeping: \$33.75/hour (2 hr. minimum)

CareGivers

2359 N. Tripphammer Rd., Unit 1A, Ithaca, NY 14850
607-275-0238
www.caregivershomecare.com

Classen Home Health Associates, Inc.

Classen Home Health is a home care agency offering 24-hour a day home health aide services and providing assistance with personal care needs. They will also prepare meals, do laundry, and perform light housekeeping. Also included in their services

are routine visits by a Registered Nurse who will monitor health and perform blood pressure checks.

Home Care Rates:

- Home Care Services: \$40.50/hour (3 hr. minimum)

Classen Home Health Associates

222 Elmira Rd., Suite 3, Ithaca, NY 14850

607-277-1342

www.classenhomehealth.com

Community Health and Home Care, Inc.

Community Health and Home Care, Inc. (CHHC) provides home health aide and companion level aide service to those who need care in their residences. It is a not-for-profit licensed home care agency that serves Tompkins County. CHHC is associated with the Visiting Nurse Service at the same address.

Home Care Rates:

- Registered Nurse: \$120.00/visit
- Home Health Aide: \$34.00/hour

Please call for additional services and rates.

Community Health and Home Care, Inc.

138 Cecil A. Malone Dr., Ithaca, NY 14850

607-273-0466

www.vnsithaca.org

Companion/Home Helper Services

The following agencies provide meal preparation, light housekeeping, medication reminders, running errands, driving clients to doctor visits, companionship, and other services. These organizations do not provide “hands-on” personal care or home health care service.

Although these agencies are not required to be licensed by the NY State Department of Health since they do not provide hands-on care, they all say that their aides are screened (background checks, references) and trained and that their agencies are insured and bonded.

Home Instead Senior Care

- Companion/Home Helper Rate (4 hr. minimum, 2 days/week)
Weekdays: \$38.50/hour
Weekends: \$40.50/hour

Home Instead Senior Care

4 Lincoln Ave., Cortland, NY 13045
607-319-0075
www.homeinstead.com/842

Comfort Keepers

Comfort Keepers Ithaca is an independently owned and operated home care agency that provides a variety of service packages based on personalized care plans for each client. Their services include PCA 1 care, companion care, respite care, medication reminders, and more. Comfort Keepers also provides a customized transportation service to appointments, same-day surgeries, and social events. Pricing is based on a client's personalized service package. A 2 hour minimum is required for each shift.

Comfort Keepers

1301 Trumansburg Rd., Suite F, Ithaca, NY 14850
607-272-0444
www.comfortkeepers.com

Hospicare and Palliative Care Services

A program of comprehensive home care for terminally ill patients and their families. This 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. Bereavement services are open to the community.

The Hospicare Residence provides residential care for terminally ill patients and is located in the Hospice Center on a 12.5 acre site. It has six patient rooms, a fully equipped kitchen for individual meals, an adjacent private living and dining area, whirlpool tub and meditation room.

Hospicare and Palliative Care Services

172 E. King Rd., Ithaca, NY 14850

607-272-0212

www.hospicare.org

Private Hire Services

Visit www.caregiver.org to explore the pros and cons of “Hiring an In-Home Helper” and get tips on interviewing and supervising employees privately.

The Registry

The Registry is a free referral service that matches people in Tompkins County that need in-home workers with individuals able to work in people’s homes. The Registry maintains a listing of independent job seekers over the age of 18, who have been screened through a personal interview and whose references have been checked. The Registry job seekers offer services such as housekeeping, cooking, personal aide care, and errands/driving.

Wages tend to be in the \$15 to \$25 range or more per hour, often depending on the amount and intensity of personal care involved. Those with nursing credentials (LPN, RN) may charge more (perhaps \$30 to \$35 per hour). However, agreed-upon wages can vary widely. There is no fee for requesting a list of Registry aides from the Program Coordinator, but contributions are welcomed.

Finger Lakes Independence Center

215 Fifth St., Ithaca, NY 14850

607-272-2433

www.fliconline.org

Online Services: Finding in-home helpers online

Another option for being matched with privately hired in-home helpers is by searching on the Internet at sites such as www.care.com.

Other Services

The NY Connects/Tompkins County Office for the Aging frequently receives business cards and brochures from individuals offering services to older adults for a fee. As of this printing, the Office for the Aging has information on individuals who provide some of the following services to older adults:

- Shopping/errands
- Snow shoveling
- Drivers to out of county medical trips, other trips
- Household chores (wash windows, paint, rake leaves)
- Lawn work
- Organizing/Decluttering

For the names of individuals who have asked to be listed at the Office for the Aging, call **607-274-5482**. If there is someone you know and would recommend that is performing a valuable service for older adults, invite them to drop off information at or call the Office for the Aging.

Important reminders when hiring in-home helpers:

Check references/credentials.

If you are considering hiring someone privately, consider checking references, especially if they will be coming into your home. If you are considering hiring someone to do something that may be dangerous (for example, going on a roof to clean gutters), be sure to check if they have proper credentials/insurance. If you are not sure, consider hiring from established businesses that advertise publicly.



MEAL AND SHOPPING SERVICES

Foodnet Meals on Wheels

Congregate Meals

The Congregate Meals Program is provided by Foodnet, a not-for-profit agency that contracts with the Tompkins County Office for the Aging to operate the Senior Nutrition Program. They provide meals and social time Monday through Friday at midday. Nutrition counseling and education are also provided. The meal sites are conveniently located throughout the county and are open to everyone over 60. Please call Foodnet at **607-266-9553** to register for one of the locations. Dining room locations:

Titus Towers Community Room

Meals are served Monday-Friday from 12:00pm-12:30pm. The room is open from 11:00am-1:30pm.

Slaterville Volunteer Fire Company

Meals are served on Tuesdays from 12:00pm-12:30pm. The room is open from 11:00am-1:30pm.

The Shops at Ithaca Mall

Meals are served on Thursdays from 12:00pm-12:30pm. The room is open from 11:00am-1:30pm.

Home Delivered Meals

Foodnet provides home delivered meals to people in Tompkins County who are homebound and unable to prepare their own meals. A hot meal and optional sandwich meal are delivered five days a week. Frozen meals can be provided for the weekends. Nutrition education and counseling are available from the Registered Dietitian.

ELIGIBILITY

Senior Nutrition Program:

1. Persons age 60 and over are eligible to receive home delivered meals if they are homebound and incapacitated due to accident, illness or frailty; lack adequate support of family, friends or neighbors; and are unable to prepare meals because of any one of the following:
 - Lack of facilities such as refrigeration, stove, etc.
 - Inability to shop and cook for self
 - Inability to safely prepare meals
 - Lack of knowledge and skills
2. The spouse of the homebound person, regardless of age or condition, is eligible to receive home delivered meals when the provision of a meal to the spouse is in the best interest of the homebound person.
3. Non-elderly disabled individuals who reside in a non-institutional household with a person eligible to receive home delivered meals may also receive this service when the provision of the meal to the non-elderly disabled individual is in the best interest of the homebound elderly person.

Cost: Home delivered meals and congregate meals for eligible persons under items 1-3 above are funded in part by the Tompkins County Office for the Aging, the New York State Office for the Aging, and the US Department of Health and Human Services. Participants have the opportunity to make a voluntary and anonymous contribution in support of this service. The full cost of providing this service is \$9.50. The suggested contribution range is \$3.50 to \$9.50 per meal. **No one is denied a meal because of inability to make a contribution.**

Foodnet Select

Other persons under the age of 60 are eligible to receive home delivered meals under the criteria listed in #1 above provided they purchase the meals under the Foodnet Select program or arrange for a third party to pay for the meals on their behalf. Payment for Foodnet Select meals must be made in advance unless special arrangements are made to bill a third party. Please contact Foodnet for more information.

Foodnet Meals on Wheels

2422 N. Triphammer Rd., Ithaca, NY 14850

607-266-9553

www.foodnet.org



Other Home Delivered Meal & Grocery Services

Rose's Home Dish

Dinners are delivered cold and ready to pop into the oven. Served in an 8x8 glass or disposable casserole dish. Provides at least two servings. Delivery to City and Town of Ithaca. For surrounding areas, inquire by calling **607-229-2416**. Weekly menus are emailed every Friday at 8:30am for delivery or pick up on the following Wednesday. To view this weeks menu, visit www.roseshomedish.com.

Delivery Services

The following delivery services may have specific delivery service areas and standard delivery fees. Contact each for information.

Ithaca To Go	ithacatogo.com or 607-216-9310
GrubHub	www.grubhub.com
DoorDash	www.doordash.com
Uber Eats	www.ubereats.com

Instacart

www.instacart.com

Visit instacart.com and choose from a variety of grocers and other businesses to shop from in your area. Standard delivery rates may apply.



CAREGIVER SUPPORT SERVICES

Caregivers' Resource Center & Alzheimer's Support Unit

The Caregivers' Resource Center, a service of the Tompkins County Office for the Aging, provides information and support to individuals concerned about or caring for an aging relative or friend, living nearby or at a distance. Services offered include:

- Information and Referral
- Counseling
- Quarterly Newsletter
- Lending Library
- Support Groups
- Training/Workshops
- In-Home Respite
- Powerful Tools for Caregivers classes

Call for a free subscription to ***In Support of Caregivers***, a quarterly newsletter with articles and announcements of interest to family caregivers, or sign up online at www.tompkinscountyny.gov/All-Departments/Aging/Family-Caregiving-Resources.

Educational materials, trainings and other supports are available for those caring for loved ones with Alzheimer's or other dementia. Referrals are made to resources like the Alzheimer's Association, National Parkinson's Foundation, Commission for the Blind and Visually Impaired and other health related associations.

Caregivers' Resource Center

NY Connects/Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5486

www.tompkinscountyny.gov/All-Departments/Aging

Caregiver Support Groups

The **Tompkins County Office for the Aging** offers a caregiver support group twice a month for family caregivers of older adults.

Call the Caregivers' Resource Center at the Tompkins County Office for the Aging for information about support groups for family caregivers or individuals dealing with specific diseases (e.g., Cancer, Parkinson's, Stroke, MS, etc.).

Caregivers' Resource Center

Tompkins County Office for the Aging
607-274-5486

Brookdale Caregiver Support Group

Brookdale Senior Living
103 Bundy Rd., Ithaca, NY 14850
607-592-7986

Meets the 4th Thursday of the month, 3:00pm-4:00pm.

Private Hire Respite Care Services

For a fee, you may arrange for respite aide service through one of several area agencies if they have aides available at the times you need (see pages 11-13). You may also be able to hire someone privately through the The Registry, a service of the Finger Lakes Independence Center (see page 14).

In-Home Respite Care Options

National Family Caregiver Support Program Respite Care

In-home respite care is available for caregivers through the Tompkins County Office for the Aging (TCOFA). TCOFA's direct care personal care aide can provide respite to eligible caregivers to provide them with a much needed break from their caregiving responsibilities.

National Family Caregiver Support Program (NFCSP)

Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5486

www.tompkinscountyny.gov/All-Departments/Aging

Project CARE

Project CARE matches community volunteers with caregivers to provide some respite by visiting with the care recipient or doing other errands or chores to free up the caregiver.

Project CARE

NY Connects/Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5499

www.tompkinscountyny.gov/All-Departments/Aging

Out-of-Home Respite Care Services

AmeriCorps Respite Program

This free weekly program offers a safe space and engaging activities for your loved one to enjoy, giving you the opportunity to take a few hours off. Registration is required. This program runs every Tuesday from 10:00am-2:00pm at the Slaterville Fire Department. Brought to you by AmeriCorps Seniors and the NYS Caregiving & Respite Coalition.

Slaterville Fire Department

2681 Slaterville Rd., Slaterville Springs, NY 14881

To register call: 607-539-7193

Adult Homes

Short term stays are allowed on a space available basis at Longview and Brookdale Senior Living. If you can't find an opening locally, you may want to look at places in nearby counties (e.g., Walden Place in Cortland, 607-756-8101 or

The Homesteads in Apalachin, 607-625-3658). Charges generally include meals, housekeeping, help with bathing and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

Overnight Respite with Nursing Care

Those whose needs exceed the adult home or enhanced assisted living level of care can consider two other options for overnight respite: **Cayuga Nursing and Rehabilitation Center** and **Beechtree Care Center** both 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 well in advance of the date respite care is needed (see page 42).

Longview Adult Day Program

Longview's Adult Day Community offers another possibility for caregiver respite while providing a social/recreational opportunity for their care receiver. The daily fee includes personal supervision and recreational programs, as well as morning and afternoon snacks and a hot, nutritious lunch. Daily fee is \$80.00/day. This program currently runs Monday-Thursday, 9:00am-3:00pm.

Longview

1 Bella Vista Dr., Ithaca, NY 14850

607-375-6323

www.longviewithaca.org

Geriatric Care Management

Geriatric Care Management offers a variety of personalized and customized services to assist older adults and their families in meeting long-term care needs. All service delivery options are designed by the geriatric care manager, a professional dedicated to helping individuals and families access various resources and

services. Geriatric care management options vary depending on individual needs and are available on a short-term, on-going, or long-term basis. Services are provided for a fee.

Local Geriatric Care Management Services

Robert Levine, LMSW

Mindful Eldercare

607-229-8404

www.mindfuleldercare.wix.com/levine

mindfuleldercare@gmail.com

Whole Wellness

wholewellnesscounseling.org/robert-lmsw

Individual Counseling and Support

Individual counselors can provide clinical and therapeutic counseling and support for you and/or your loved one.

Ann Dolan, LCSW

607-708-0808

Refer to profile on psychologytoday.com for more information.

*www.psychologytoday.com is an online resource for those looking for a therapist in their area. Searches can be filtered by a variety of needs.

Tompkins County Whole Health Mental Health Services

Adult Therapy

201 E. Green St., Ithaca, NY 14850

607-274-6200

www.tompkinscountyny.gov/All-Departments/Whole-Health

Adult therapy is offered using a variety of evidenced-based practice therapies specifically designed to address treatment needs through individual, couples, family and group modalities.



TRANSPORTATION

FISH Transportation Service

FISH (Friends In Service Helping) volunteers provide essential transportation for older adults, handicapped, or low-income individuals. This service is offered primarily for medically related trips within Tompkins County or for medical appointments in Syracuse, Sayre, PA and other regional medical centers. You are asked to call a week in advance to schedule transportation. There is no charge for this service. Donations are accepted.

FISH Transportation Service

c/o 211 Tompkins Cortland Ithaca

Call 211 or 1-877-211-8667

www.fishoftc.org

Gadabout Transportation Service

Gadabout provides transportation in Tompkins County to people 55 and over, and those with a disability. Most of its vehicles are wheelchair-lift equipped. Reservations are required two or more

days in advance. Trips can be for any purpose, with priority given to medical and nutritional necessities. Fare is \$2.00 one way within the city limits and \$3.00 one way outside the city limits.

Gadabout

737 Willow Ave., Ithaca, NY 14850

607-273-1878

www.gababoutbus.org

GoGo Grandparent

GoGo Grandparent utilizes on-demand transportation services such as Uber and Lyft to provide rides for older adults and people with disabilities. The Tompkins County Office for the Aging provides a subsidy for older adults aged 60 and older to receive rides through GoGo Grandparent.

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ADA Paratransit Service

The ADA Paratransit Service is specialized transportation geared to serve the needs of individuals who qualify under the Americans with Disabilities Act. Persons with disabilities which prevent them from riding a public bus are eligible. Prerequisites for qualifying include completion of an application from the ADA Paratransit Service, and one interview. Those who qualify will receive a card allowing them to use the service, which covers a ¾ mile wide corridor on either side of regular bus routes, and operates within the same time frame as the public bus service.

TCAT

Ithaca Tompkins Transit Center

607-277-9388, ext. 420

TTY 607-277-9766

www.tcatbus.com/ada

ADDITIONAL LONG TERM CARE SERVICES

Veteran Services

Some Veterans may be eligible for home health care, short-term respite, “Aid and Assistance” pension, and/or other benefits.

Tompkins County Department of Veterans Services

The Tompkins County Department of Veterans Services can connect local Veterans of the U.S. Armed Forces and their families with federal, state, and local resources.

TC Department of Veterans Services

111 S. Albany St., Ithaca, NY 14850

607-274-5920

www.tompkinscountyny.gov/All-Departments/Veterans-Services

NYS Veterans Counselor

For help in applying for “Aid and Assistance” benefits or other Veterans benefits, call the area NYS Veterans Counselor:

John Canestaro

607-273-2178

john.canestaro@veterans.ny.gov



Personal Emergency Response System (PERS)

The Personal Emergency Response System is a service of the Tompkins County Office for the Aging and Doyle Medical Monitoring. It is designed for those individuals who are at risk of falling or other medical emergencies. At the push of a button (wrist button or pendant), trained operators can talk to you through the unit speaker to help determine what kind of assistance you need. The Tompkins County Office for the Aging Outreach Worker will make a home visit to install and demonstrate the system. Cost starts at \$25.00 per month. Optional services available at an extra charge.

NY Connects/Tompkins County Office for the Aging
31 Dutch Mill Rd., Ithaca, NY 14850
607-274-5482
www.tompkinscountyny.gov/All-Departments/Aging

The Office for the Aging can also provide information on other Emergency Response Systems that are available.

Project Lifesaver

Project Lifesaver provides timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, Autism, and other related conditions or disorders. Each participant that is enrolled in the program is fitted with a Project Lifesaver wristband (transmitter) that emits a tracking signal every second, 24 hours a day. The signal can be tracked by trained personnel from the Tompkins County Sheriff's Office using equipment with radio frequency tracking capability. A helicopter with radio frequency capability can be used in the search if necessary.

Personnel come to the participant's house every 60 days to change the battery and check the band to assure it is in good

working order. There is a \$350 deposit for the equipment and a \$10 fee for each battery replacement. Alternate arrangements will be made to cover these fees for those who cannot afford to pay them.

Tompkins County Sheriff's Office

Megan Cook

779 Warren Rd., Ithaca, NY 14850

607-257-1346, ext. 4456

Love Living at Home

Love Living at Home membership is open to any resident of Tompkins County, 50 and older. Started in 2016, it is a network of people helping people to access needed services that enable them to live safely in their own homes for as long as possible. Its programs aim to enrich the lives of its members, forge connections for new friendships, and assist one another to access the array of area services and providers necessary to stay at home through the lifespan.

Annual membership fee:

- \$519/individual
- \$656/household

Financial assistance with membership fee is available for those with low incomes.

Love Living at Home

830 Hanshaw Rd., Ithaca, NY 14850

607-319-0162

www.lovelivingathome.org

Used Assistive Equipment & Loan Closets Finger Lakes Independence Center (FLIC)

The "Try It" Room at FLIC displays and loans a wide range of assistive equipment that can assist older adults. Equipment ranges from small items (kitchen aides, phone amplifiers, devices

to assist with dressing, bathing, medication management, bathroom safety equipment, etc.) to larger items (portable ramps, wheelchairs, walkers, canes, Braille machines, etc.). FLIC staff consults with persons with disabilities and their caregivers about accessibility issues, assistive equipment, ramp installation, and local resources to support people with vision, hearing, mobility and other physical limitations.

FLIC

215 Fifth St., Ithaca, NY 14850
607-272-2433
www.fliconline.org

Trumansburg American Legion **607-387-4212**
4431 Seneca Rd., Trumansburg, NY 14886

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

Dryden Veterans' Memorial Home **607-844-9900**
2272 Dryden Rd. (Rt. 13), Dryden, NY 13053

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

Groton American Legion **607-898-3837**
307 Main St., Groton, NY 13073

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

Wonderful Wheelchairs **607-444-2817**
1229 Trumansburg Rd., Ithaca, NY 14850

Refurbishes used wheelchairs and has them available to people in the Ithaca area who need them.

McLean Community Church
50 Church St., McLean, NY 13102

607-423-2220

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

Enhanced Mobility LLC
Ben Bassett
enhancedride@gmail.com

315-209-2170

Home visits to perform repairs on durable medical equipment.

Home Safety Assessment

Falls Home Safety Assessments and Certified Aging in Place (CAPS) Evaluations

Professional home safety and accessibility assessments can be provided to help you evaluate overall home safety and accessibility and provide a range of solutions to meet your specific needs.

NY Connects/Tompkins County Office for the Aging
31 Dutch Mill Rd., Ithaca, NY 14850
607-274-5482
www.tompkinscountyny.gov/All-Departments/Aging

Full Spectrum Rehabilitation and Wellness, LLC

Specializing in geriatric rehabilitation and falls prevention.

Rebecca Fisher, MS, OTR/L
2415 N. Triphammer Rd., Ithaca, NY 14850
607-227-4421
www.fullspectrumithaca.com

HOME REPAIRS & MODIFICATIONS

Home Repair Programs

Tompkins County Small Home and Safety Repair Program

This is a county-wide program providing minor home repairs, especially those related to health and safety, for older adults and persons with disabilities. The client provides materials; labor is provided at no cost.

INHS

115 W. Clinton St., Ithaca, NY 14850

607-277-4500

www.ithacanhs.org

CAPCO- Cortland County Community Action Program

Serves Cortland and Tompkins County residents. Provides energy services by completing home repairs related to energy savings and weatherization. Programs offered include the Weatherization Assistance Program (WAP), EmPower+ Program, and Energy Savers Program.

CAPCO

32 North Main St., Cortland, NY 13045

607-753-6781

www.capco.org

Major Home Repairs & Accessibility Grants

INHS maintains a current resource list of available home repair programs and grants. Please visit www.ithacanhs.org/wp-content/uploads/Home-Repair-Resources-List-4.pdf to view or call INHS at 607-277-4500 for more information.



FINANCIAL ASSISTANCE

ALICE Program

Residents and those who work in Tompkins County may be eligible for a mini-grant of up to \$500 per qualified household to address basic need expenses.

ALICE Program

Call 211 or 1-877-211-8667

Credit Counseling/Financial Counseling

Money management counseling, debt management, foreclosure prevention, and general credit counseling.

- **Balance Financial Coaching** **1-888-456-2227**
(through Alternative FCU)
- **Balance Pro (through CCE)** **607-272-2292 Ext. 135**

Dental Network Access Program (DenteMax)

Participating dentists typically charge reduced rates to those enrolled in the program. To find a list of participating dentists, fees for most common dental services, and enrollment information, call or visit:

1-800-666-6690

www.heginc.com/dental

EPIC (Elderly Pharmaceutical Insurance Company)

1-800-332-3742

SNAP (Food Assistance)

607-274-5201

HEAP (Home Energy Assistance Program)

607-274-5482

HIICAP (Health Insurance Information, Counseling and Assistance Program)

Certified counselors to assist with all things Medicare, Medicaid, Prescription Drug Coverage, etc.

- TC Office for the Aging 607-274-5482
- Lifelong 607-273-1511

Income Tax Counseling

Lifelong, 607-273-1511

Lifeline Phone Service

Call your telephone service provider.

- Verizon Telephone Discount 1-800-837-4966
- Safelink Wireless (free cell & phone service) 1-800-723-3546
- Assurance Wireless (free cell & phone service) 888-321-5880

An individual cannot receive both the landline discount and the free cell phone service at the same time. They must choose one.

Medicaid

607-274-5244

Medicare

1-800-MEDICARE

Medicare Savings Program

Those who are income eligible can have NY State pay their monthly Medicare B premiums regardless of what assets are owned.

- TC Office for the Aging 607-274-5482
- Lifelong 607-273-1511

New York State IT-214 607-274-5517

Real Property Tax Credit

Partial Property Tax and Enhanced STAR 607-274-5517

Exemptions for Senior Citizens

Project Share (Heating Fund) 607-274-5264

Tompkins County Department of Social Services

Temporary Assistance 607-274-5348

Tompkins County Department of Social Services

Rental Assistance

- **Housing Choice Vouchers (Section 8)**

Ithaca Housing Authority 607-273-1244

Tompkins Community Action 607-273-8816

- **Public Housing 607-273-8629**

Robin Fund, GIAC 607-272-3622

Emergency grants/loans to Ithaca area families confronting a critical bill.

Small Comforts 607-279-0981

Provides items of comfort and support for people with chronic illness in Tompkins/Cortland counties.

Social Security Administration

- Ithaca Office 1-866-706-8289
- National 1-800-772-1213

SSI (Supplemental Security Income)

607-274-5482

Veterans Benefits

607-274-5920

Including “Aid and Attendance” benefit for eligible Veterans with long-term care needs.

Low-income older adults can call the Office for the Aging to discuss financial assistance programs which might be available to them.



LONG TERM RESIDENTIAL PROGRAMS

Larger adult care facilities are licensed by the NY State Department of Health as “adult homes” or “enriched housing programs”. Some are further certified to offer “enhanced assisted living” services to those with greater care needs. Smaller, family-type homes are certified by the local Department of Social Services. Both provide meals, homemaking services, supplemental personal care, recreational programs and 24 hour support.

Skilled nursing facilities, commonly referred to as nursing homes, are licensed healthcare facilities that offer long and short-term care for individuals who need rehabilitation services or who suffer from serious or persistent health issues that are too complicated to be tended to at home or at an adult home/assisted living facility.

Long Term Care Ombudsman Program

A long term care ombudsman is a certified volunteer serving as an advocate to address concerns expressed by, or on behalf of residents of long term care facilities. Ombudsmen listen carefully to residents, and may mediate, negotiate, facilitate, and propose solutions when a resident has requested and given permission to the long term care ombudsman to act as their advocate. The service is confidential and free of charge.

The Regional Ombudsman Program serving Tompkins County, Schuyler County and Chemung County is coordinated by the Tompkins County Office for the Aging. To contact the ombudsman for a residential care facility in any of these three counties, call:

Regional Ombudsman Program

Tompkins County Office for the Aging
31 Dutch Mill Rd., Ithaca, NY 14850
607-274-5498

Adult Homes/Assisted Living Residences

Brookdale Senior Living

Operated by Brookdale Senior Living, Brookdale offers enhanced assisted living or adult home memory care services to its residents. They provide personalized care by developing individually customized plans for each resident. Their memory care program includes Crossings which is designed for older adults in the early stages of dementia and Clare Bridge which is for residents with more advanced dementia.

Brookdale Senior Living

103 Bundy Rd., Ithaca, NY 14850

607-269-5552

www.brookdale.com

Longview

Longview is a senior living community dedicated to the well-being of older adults through housing options, supportive services, and community partnerships. Housing options include independent living, assisted living, and enhanced assisted living.

Longview

1 Bella Vista Dr., Ithaca, NY 14850

607-375-6360

www.longviewithaca.org

Bridges Cornell Heights

Bridges Cornell Heights operates two adult care residences on Wyckoff Ave. in the Cayuga Heights section of the City of Ithaca. The Colonial (10 residents) and The Tudor (15 residents) are privately owned and operated and they both are certified to offer enhanced assisted living services.

Bridges Cornell Heights

403 & 407 Wykoff Ave., Ithaca, NY 14850

607-257-5777

www.bridgescornellheights.com

Family-Style Adult Care Residences

Family-type homes are certified to provide personal care services for up to four residents. They may also have up to an additional two boarders who do not require personal care services.

Evergreen House

Evergreen House (6 rooms) is a family-style adult care home established in 1994 and located in the Town of Ulysses. Operated by Classen Home Health.

Evergreen House

Classen Home Health

607-277-1342

www.classenhomehealth.com/our-homes

Old Hundred

Old Hundred (6 rooms) is a family-style adult care home established in 1996 and located in Ithaca. Operated by Classen Home Health.

Old Hundred

Classen Home Health

607-277-1342

www.classenhomehealth.com/our-homes

Brook-Haven

Brook-Haven is a family type home located in Freeville who provides assistance with daily living while still enjoying the warmth and support of a family-type home.

Brook-Haven

Nadia Senyk, Administrator/Owner

20 Senyk Ln., Freeville, NY 13068

607-262-7511

www.brook-havenftha.com

Other Housing w/ Residential Care Services

Kendal at Ithaca (Continuing Care Community)

Kendal at Ithaca is a not-for-profit life care retirement community providing independent housing, services, and residential health care including long-term care through one contract that will remain in effect for the person's lifetime. The on-site health center provides short or long-term care to residents at the same rate as independent living. Residents pay an initial entry fee and on-going monthly fees and have a choice of apartment sizes which they may furnish with their own belongings.

Kendal at Ithaca

2230 N. Triphammer Rd., Ithaca, NY 14850

607-266-5300

www.kai.kendal.org

Hospicare Residence

Hospicare and Palliative Care Services operates a 6 bedroom residence for persons with terminal illness.

See page 14: Hospicare and Palliative Care Services

Other Supportive Housing Options for Older Adults

There are other supportive housing options for older adults in Tompkins County that do not offer licensed personal care services, but may provide one or more meals, housekeeping, or other supports.

Please refer to the booklet *Housing Options for Older Adults in Tompkins County* for a description of these housing alternatives. It is available at the Tompkins County Office for the Aging or can be viewed on their website: www.tompkinscountyny.gov/All-Departments/Aging

Skilled Nursing Facilities (Nursing Homes)

Beechtree Center for Rehabilitation and Nursing

Beechtree is a long-term health care facility with 120 beds, including a 40 bed dementia unit. The nursing facility provides 24 hour skilled nursing and rehabilitation services, planned activities/programming, social work services and a full range of therapeutic services.

Rates:

- Private - \$467.25/day plus state surcharge
- Semi-private - \$451.50/day plus state surcharge

Beechtree Center for Rehabilitation and Nursing

318 S. Albany St., Ithaca, NY 14850

607-273-4166

www.beechtreecenter.com

Cayuga Nursing and Rehabilitation Center

Cayuga Nursing, a 144 bed facility offers a full range of therapeutic and rehabilitative services, including recreational therapy, speech therapy, physical therapy, occupational therapy, audiology and social services.

Rates:

- Private - \$560/day
- Semi-private - \$540/day

Cayuga Nursing and Rehabilitation Center

1229 Trumansburg Rd., Ithaca, NY 14850

607-273-8072

www.cayuganursingandrehab.org

Groton Community Health Care Center

The **Groton Community Health Care Center** provides skilled nursing care with 80 beds. There are planned recreational activities, social services, church services, speech, physical and occupational therapy, audiology, personal care and nursing

services.

Rates:

- Private - \$530/day plus state surcharge
- Semi-private - \$515/day plus state surcharge

Groton Community Health Care Center

120 Sykes St., Groton, NY 13073

607-898-5876

www.grotonhealth.org

Oak Hill Manor

Oak Hill Manor is a 60 bed skilled nursing facility that provides 24 hour nursing and rehabilitation services. Services include an activities program, social work, physical and speech therapies, church services, and an in-house beauty parlor. Dental and podiatry services are available as needed.

Rates:

- Private - \$535.30/day plus state surcharge
- Semi-private - \$524.70/day plus state surcharge

Oak Hill Manor

602 Hudson St., Ithaca, NY 14850

607-272-8282

www.oakhillmanorithaca.com

Kendal at Ithaca

Kendal at Ithaca is a continuing care retirement community which includes an adult care (assisted living) residence and nursing home. Generally, their nursing home only admits Kendal's lifecare contract residents. However, since the nursing home was expanded, they infrequently have been able to admit someone from the community directly into the nursing home. See page 41 for additional information about Kendal.

Rates:

- 2026 rate is \$550/day

Kendal at Ithaca

607-266-5338