
Resources for Caregivers *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

Resources for Caregivers 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
www.tompkinscountyny.gov/All-Departments/Aging

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INFORMATION, REFERRAL & EDUCATIONAL PROGRAMS FOR FAMILY CAREGIVERS

The responsibilities involved in caring for a person with long-term care needs can be tremendous. Caregivers need to develop skills in a variety of areas to provide quality care. In addition, from time to time important decisions need to be made which affect the life of the person receiving care as well as the lives of the caregivers and their family members.

Several organizations are available to provide caregivers with the information and support they need to provide quality care to an older or disabled person and make informed decisions that benefit everyone.

The agencies listed below can also help with planning for caregiving, which can prevent or reduce some aspects of caregiving stress.

Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5486

www.tompkinscountyny.gov/All-Departments/Aging

Staff at the Office for the Aging provide unbiased information, referrals and counseling on a wide range of benefits and services for older adults. Services provided by COFA staff are free. Voluntary contributions are always welcome and are used to expand services. Home visits can be arranged.

Caregiver Resource Center (CRC)

Located at the Tompkins County Office for the Aging, CRC provides information and support to individuals concerned about or caring for an aging or disabled relative or friend, near or far. The goal is to help caregivers provide quality care to older persons while also maintaining the quality of their own lives and

the lives of their family members. The CRC offers information on caregiving in a variety of ways, including individual counseling, information and referral, caregiver training, a caregiver's newsletter and other publications, and a caregiver's support group.

Caregiver Assessment

Through our Caregiver Coordinator, caregivers can be assessed to help determine their level of stress and provide them with resources and tools so that they may continue to carry out their caregiving roles and responsibilities. These resources include caregiver counseling, information and assistance, caregiver training, respite care, and much more. This assessment covers critical areas such as identity, stress, depression, and the delicate balance between caregiving and life objectives.

Powerful Tools for Caregivers

A six-week series of classes for family caregivers, offered at various times and locations during the year. This class teaches caregivers the tools necessary to “thrive, not just survive” while caring for a loved one.

Project CARE

Volunteers provide friendly visiting respite to caregivers who are caring for someone so that the caregiver may get away to run an errand or just take some much needed time for themselves. These volunteers provide friendly visits each week for a few hours.

Alzheimer's Support Unit: Support for Alzheimer's/ Dementia Caregivers

The Alzheimer's Support Unit at the Office for the Aging offers information and counseling to persons concerned about the diagnosis or care of someone with Alzheimer's or other forms of

dementia. Information and referral about counseling services, support groups, respite care, medical information, long-term care services, education programs, and tracking programs (project Life Saver and Medic Alert + Safe Return program) are available. Articles and brochures are available on a variety of issues for caregivers, as well as a lending library of Alzheimer's books and videos.

Alzheimer's Association Central New York Chapter

5015 Campuswood Rd., Suite 102, East Syracuse, NY 13057

1-800-272-3900

www.alz.org/cny

Family caregivers or persons with dementia can consult with Alzheimer's Association staff using any of the following services:

Free 24/7 Helpline

Confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day.

Contact: 1-800-272-3900

Care Consultation

Care consultation can be provided in-person or via telephone to persons with dementia and their families to help with assessment of needs and assistance with planning and immediate problem solving.

Contact: 315-472-4210 ext. 227

Social Engagement Activities

These are scheduled periodically at cultural and recreational locations throughout the region covered by the Alzheimer's Association of Central New York.

Contact: 315-472-4210 ext. 227

The Alzheimer's Association offers caregiver trainings, support groups (see page 15) and safety resources (including the Medic Alert + Safe Return program). Online education materials and the ALZConnected social community (online support groups and chat groups) can be accessed through the National Alzheimer's Association website at www.alz.org.

Tompkins County Long Term Care Services

Human Services Building

320 W. Martin Luther King Jr./State St., Ithaca, NY 14850

607-274-5278

Long-Term Care Services provides phone consultation and can help people and their families determine what long-term care services may be needed. Case management is provided to those eligible for Medicaid home care services. Long-Term Care Services also conducts the Patient Review Instrument (PRI) assessment required before nursing home admission.

Supports Specific to Other Diseases and Conditions

Other local and national organizations offer support services to family caregivers of persons with specific illnesses/conditions. These include local organizations like the Cancer Resource Center in Ithaca, the American Cancer Society, and the National Parkinson's Foundation. Groups for persons with particular conditions (e.g., stroke, Parkinson's) are often open to family caregivers as well. See page 15 for a list of local groups.

Caregivers of Veterans

The Veterans Administration offers information and support to family caregivers. Call the Caregiver Support Line at 1-855-260-3274.

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

John Canestaro, 9:30am - 3:00pm
607-733-2178
www.caregiver.va.gov

Tompkins County Department of Veterans Services

111 N. Albany St., Ithaca, NY 14850
607-274-5920
www.tompkinscountyny.gov/All-Departments/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.

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. Geriatric care management services are provided for a fee.

Local Geriatric Care Management Services

Robert Levine, LMSW
Mindful Eldercare
607-229-8404
www.mindfuleldercare.wixsite.com/levine
mindfuleldercare@gmail.com
Whole Wellness
www.wholewellnesscounseling.org/robert-lmsw



COUNSELING OPPORTUNITIES

If you are a family caregiver, you may find the experience rewarding, but also you may at times feel stressed, overwhelmed, angry or guilty. No one has said that it is easy to sort out relationships with family members. It is, of course, a lifetime activity. But mental health professionals tell us that longstanding problems often crop up again in caregiving situations. Understanding that this is not unusual and understanding the changes that caregiving and infirmity bring to family relationships, can make life more positive and acceptable. Much more difficult to face is seeing a loved one we once knew as strong become debilitated. Not all of us are prepared to face this without help.

Many caregivers also need support to value and care for themselves. Caregivers are often pulled between the needs of the care receiver, the needs of other family members, or responsibilities of a job, and are unable to find the time or energy to deal with their own personal needs.

This self-neglect too often has dire consequences for the caregiver's mental or physical health. Discussing your concerns

with a professional counselor can help you manage your situation and learn how to improve it. There are several counseling opportunities for caregivers in Tompkins County.

Crisis Counseling

Suicide Prevention and Crisis Service
124 E. Court St., Ithaca, NY 14850
607-272-1616
www.ithacacrisis.org

988 Suicide and Crisis Lifeline

SPCS phone counselors are available at any hour of the day or night to assist in crisis or non-crisis situations. Caregivers can get assistance in assessing depression or suicidal risk.

Ithaca Warm Line: 607-210-8328

The Ithaca Warm Line is for individuals not experiencing a crisis and not having suicidal thoughts. The line was developed for those who may feel lonely and need to talk. Callers are able to chat with someone to get their thoughts out with no judgement.

Tompkins County Whole Health Mental Health Services

Adult Therapy
201 E. Green St., Ithaca, NY 14850
607-273-6200
www.tompkinscountyny.gov/All-Departments/Whole-Health

Individual Counseling and Support

Individual counselors can provide clinical and therapeutic counseling and support for you and/or your loved one. The following work directly with caregivers.

- Ann Dolan, LCSW 607-708-0808
Refer to profile on Psychology Today for more information.

*www.psychologytoday.com is an online resource for those looking for a therapist in their area.

Family & Children's Service of Ithaca

127 W. Martin Luther King Jr./State St., Ithaca, NY 14850

607-273-7492

www.fcsith.org

Counseling Services for Adults will respond to issues related to anxiety, depression, stress, substance use disorder, grief, loss, separation, divorce, PTSD and other past traumatic life experiences and step-parenting, blended families and relationship conflict.

Kinship Resources for Caregivers provides trauma informed education, counseling and training to kinship caregivers of youth who live, work or attend school in Tompkins County.

Mediation Service (Wise Talk)

Community Dispute Resolution Center

171 E. Martin Luther King Jr./State St., Suite 105-1, Ithaca, NY 14850

607-273-9347

www.cdrc.org

Wise Talk is a free older adult mediation service to assist with difficult conversations or conflict resolution involving an older adult. CDRC contacts all the parties involved in the dispute and schedules a mediation at a time and place convenient to all.

Mental Health Association in Tompkins County

171 E. Martin Luther King Jr./State St., Suite 275, Ithaca, NY 14850

607-273-9250

www.mhaedu.org

The Mental Health Association (MHA) is a private, non-profit organization that maintains a listing of therapists in Tompkins

County and their specializations.

KINSHIP CAREGIVING RESOURCES

Kinship Caregiver Support Program

Adoptive and Foster Family Coalition of New York (AFFCNY)

950 Danby Rd., Suite 318, Ithaca, NY 14850

607-272-0034

www.affcny.org/programs/foster-and-kinship-care-support/kinship-caregiver-support-program/

The Kinship Caregiver Support Program is a free support, information and educational program open to all relative kinship caregivers who have formal or informal custody or guardianship of children. This program can provide tailored assessments, referrals, case management and in home support, advocacy, information and education, respite activities and more.

CAREGIVER SUPPORT GROUPS

We recommend that you call before attending any of these groups for the first time to confirm the time and exact location of the meeting. All of the following groups have a facilitator provided by the sponsor except for the Parkinson's spouses group which is a self-help group.

Caregiver Support Group

Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5486

www.tompkinscountyny.gov/All-Departments/Aging

Meets every other week on Tuesdays from 1pm-2pm on Zoom.
Advanced registration is required.

Alzheimer's Caregivers Support Group/Alzheimer's Association of Central New York

Lifelong

119 W. Court St., Ithaca, NY 14850

315-472-4201 ext. 227

www.alz.org/centralnewyork

Meets at Lifelong on the 1st Wednesday of each month at 5:30pm. Advance screening and registration is required. Please call to sign up.

Brookdale Caregiver Support Group

Brookdale Senior Living-Crossings Community

103 Bundy Rd., Ithaca, NY 14850

607-592-7986

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

Cancer Caregivers Support Group

Cancer Resource Center of the Finger Lakes

840 Hanshaw Rd., Suite 5, Ithaca, NY 14850

607-277-0960

Meets in person the 2nd Tuesday of the month, 5:30pm-7:00pm. For family, friends and caregivers of individuals with cancer.

Parkinson's Disease Caregiver Support Group

Carol Grove

607-279-8257

caregiverspd@gmail.com

See page 52 for additional support groups for persons with particular diseases/conditions, some of which may also be open to family caregivers.

LEGAL AND FINANCIAL RESOURCES

Legal and financial issues are sometimes confusing but necessary aspects of caring for a frail older person. Planning ahead in these areas enables the caregiver to use the older person's resources to provide the best quality care, particularly if and when the older person becomes unable to make decisions for her/himself.

Possible legal arrangements that can be made include the durable power of attorney, health care proxy, living will, and others. In the financial realm, it is important for caregivers to understand Social Security, Medicare, Medicare Supplemental policies, and Medicaid.

NY Connects/Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5482

www.tompkinscountyny.gov/All-Departments/Aging

Staff at the Office for the Aging provide information, referrals, and counseling on a wide range of long-term care benefits and services for older adults. Services provided by COFA staff are free.

Legal Assistance Program

The Office for the Aging contracts with LawNY to provide free legal consultation in some civil matters for Tompkins County residents age 60 and older. Specific information on the program may be obtained by calling the Office for the Aging at 607-274-5482. Contributions are accepted, but no fee is charged. Legal problems that are given high priority include the rights of nursing home patients, landlord and tenant problems, Social Security, Medicare, SSI and other benefit programs, and estate planning (wills, POA's etc.).

Estate Planning Council of Tompkins County

estateplanningcouncil.org/directory

The Estate Planning Council was formed in the early 1980's by local professionals. These professionals include lawyers, accountants, financial professionals, life insurance professionals, trust officers and planned giving professionals. Visit the site and view a directory of professionals in the discipline you require.

Lawyer Referral Service

NY State Bar Association

800-342-3661

LRS@NYSBA.org

If you are referred to an attorney through the lawyer referral service, the attorney will provide you with a half-hour consultation for \$35.

During your visit with the attorney, you and the attorney will discuss your matter and decide what further action to take, if any. There is no obligation for you to hire the attorney. If the attorney agrees to represent you, the attorney will charge you at his or her regular rates.

Directory of Financial Resources for Older Adults

Energy Assistance

HEAP (Home Energy Assistance Program)

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 processes HEAP applications for persons over age 60, and for those who receive SSI or SSD and do not receive SNAP benefits.

EPIC (Elderly Pharmaceutical Insurance Coverage)

PO Box 15018, Albany, NY 12214-5018

800-332-3742

www.health.ny.gov/health_care/epic

Health Insurance Information, Counseling and Assistance Program (HIICAP)

Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5482

www.tompkinscountyny.gov/All-Departments/Aging

Lifelong

119 W. Court St., Ithaca, NY 14850

607-273-1511

www.tclifelong.org

Tax Counseling

Lifelong

119 W. Court St., Ithaca, NY 14850

607-273-1511

www.tclifelong.org

Medicare Enrollment

Social Security Administration (SSA)

127 W. Martin Luther King Jr./State St., 2nd Floor, Ithaca, NY 14850

1-866-706-8287 or 1-800-772-1213

www.ssa.gov

Medicare Savings Program

Medicare recipients who are income eligible may qualify to have Medicaid pay their monthly Medicare B premiums for them.

NY Connects/Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5482

Lifelong
119 W. Court St., Ithaca, NY 14850
607-273-11511

Real Estate Tax Exemption for Senior Citizens & STAR Exemption

Tompkins County Department of Assessment
31 Dutch Mill Rd., Ithaca, NY 14850
607-274-5517
www.tompkinscountyny.gov/Government-Resources/Assessment

Rental Assistance- Housing Voucher Program (Section 8) and Public Housing

Ithaca Housing Authority (IHA)
798 S. Plain St., Ithaca, NY 14850
607-273-8629
www.ithacaha.com

Tompkins Community Action (TCA)
701 Spencer Rd., Ithaca, NY 14850
607-273-8816
www.tcaction.org

Social Security Administration (Social Security & SSI)

127 W. Martin Luther King Jr./State St., 2nd Floor, Ithaca, NY 14850
866-706-8289
www.ssa.gov

Tompkins County Department of Social Services

Human Services Building
320 W. Martin Luther King Jr./State St., Ithaca, NY 14850
www.tompkinscountyny.gov/All-Departments/Social-Services

Long-Term Care	607-274-5278
Temporary Assistance	607-274-5348
SNAP	607-274-5201

Telephone Discounts

Lifeline discounts for landline phones:

- Verizon 800-837-4966
- Safelink (free cell phone service) 800-723-3546
Enroll online at www.safelinkwireless.com
- Assurance Wireless (free cell service) 888-321-5880
Enroll online at www.assurancewireless.com

Note: Income-eligible individuals must choose either the lifeline (landline) phone discount or a free cell phone service. You cannot receive both benefits.

TCAT-Bus Fare Discounts

737 Willow Ave., Ithaca, NY 14850
607-277-9388
www.tcatbus.com

County Department of Veterans Services

Tompkins County Department of Veterans Services
111 N. Albany St., Ithaca, NY 14850
607-274-5920
www.tompkinscountyny.gov/All-Departments/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.

New York State Veterans Counselor

John Canestaro
607-733-2178
john.canestaro@veterans.ny.gov
www.veterans.state.ny.us

Veterans or their spouses may be eligible for a financial benefit (Aid & Attendance) if they have long-term care needs or a monthly stipend (if living in a skilled nursing facility).

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

HOUSING FOR OLDER ADULTS

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 Tompkins County Office for the Aging offers these housing related services:

Housing Options Counseling

Consultation with older adults and their caregivers about housing options available to them (including independent living and assisted living, home repair programs, rent-subsidies and other affordable housing programs).

Home Repair and Home Safety

Assistance in helping low-income, older homeowners address an assortment of energy, health, and safety related home repair needs. Also, free falls home safety assessments and Certified Aging in Place (CAPS) evaluations.

Information/Assistance with:

- Filing Property Tax Exemptions
- Home Energy Assistance Program (HEAP)
- New York State Real Property Tax Credit (IT-214)

Home Repair & Weatherization Assistance

Tompkins County Minor Home Repair Program

INHS

115 W. Clinton St., Ithaca, NY 14850

607-277-4500

www.ithacanhs.org

Cornell Cooperative Extension

615 Willow Ave., Ithaca, NY 14850

607-272-2292

CCE-Tompkins offers resources that can help you learn about ways in which you can reduce energy consumption and use energy resources more efficiently.

Home Safety Assessment

NY Connects/Tompkins County Office for the Aging

607-274-5482

The Office for the Aging offers free fall prevention and home safety assessments by a Certified Aging in Place Specialist (CAPS).

Full Spectrum Rehabilitation and Wellness

2415 N. Triphammer Rd., Ithaca, NY 14850

607-227-4421

www.fullspectrumithaca.com

Specializing in falls prevention, home safety assessments and neuro-rehab. Participates with Medicare, Medicaid and all commercial and Managed Medicare/Medicaid policies.

Directory of Senior Housing Facilities

Subsidized Apartments

The apartments mentioned in this guide have been especially designed for independent older adults. They offer many features that are attractive to older residents such as laundry facilities, extra security and safety features, and the opportunity to live with other older adults. The apartment complexes have generally been subsidized by various federal agencies. This accounts for the variation in income level stipulations and rental rates.

For your information, in 1983 Congress enacted a statute allowing residents of rental housing for the elderly or handicapped to have common household pets. Application of this policy differs from complex to complex. We suggest that you call and inquire if this is an area of interest to you.

For more in-depth information, consult *Housing Options for Older Adults in Tompkins County*, a companion booklet in the Office for Aging booklet series.



Cayuga Meadows**607-216-9808**

108 Aster Ln.
Ithaca, NY 14850
www.coniferllc.com

Center Village Court Apartments**607-898-5887**

200 W. South St.
Groton, NY 13073
www.mycrmrental.com

Conifer Village**607-277-6320**

200 Conifer Dr.
Ithaca, NY 14850
www.coniferllc.com

Ellis Hollow Apartments**607-273-3020**

1028 Ellis Hollow Rd.
Ithaca, NY 14850
www.coniferllc.com

Fountain Manor**607-539-6320**

9 Midline Rd.
Slaterville Springs, NY 14881
www.tompkinsliving.com

Juniper Manor I**607-387-5922**

24 Elm St.
Trumansburg, NY 14886
www.mycrmrental.com

Juniper Manor II**607-387-5922**

16 Pease St.
Trumansburg, NY 14886
www.mycrmrental.com

Lehigh Crossing Apartments**607-844-4045**

15 Cook St.
Freeville, NY 14850
www.mycrmrental.com

McGraw House **607-272-7054**
221 S. Geneva St.
Ithaca, NY 14850
www.mcgrawhouse.org

Newfield Garden Apartments **607-277-4500**
261 Main St.
Newfield, NY 14867
www.ithacanhs.org

Schoolhouse Garden Apartments **607-898-4770**
177 Main St.
Groton, NY 13073

Titus Towers II and II **607-273-8629**
798 & 800 S. Plain St.
Ithaca, NY 14850
www.ithacaha.com

Willowbrook Manor **607-844-8000**
4 Neptune Dr.
Dryden, NY 13053
www.tompkinsliving.com

Woodsedge **607-533-4792**
100 Woodsedge Dr.
Lansing, NY 14882
www.mycrmrental.com

55 and Older Senior Apartments: Market Rate

Blue Heron Patio Homes **607-257-0666**
2 Blue Heron Way
Lansing, NY 14882

Cayuga View Senior Living**607-319-0949**

16 Cinema Dr.
Ithaca, NY 14850
www.cayugaview.com

Horizon Villages**607-351-0031**

45 Horizon Dr.
Ithaca, NY 14850
www.horizonvillages.com

Longview Patio Homes**607-375-6300**

1 Bella Vista Dr.
Ithaca, NY 14850
www.longviewithaca.org

Housing with Long Term Care Services**Senior Housing with Meals/Housekeeping Included**

Longview Apartments

1 Bella Vista Dr., Ithaca, NY 14850
607-375-6300
www.longviewithaca.org

101 apartments consisting of studios, one and two bedrooms. One restaurant style meal, housekeeping services and other amenities included in the monthly rental fee.

Life Care Retirement Community

Kendal at Ithaca

2230 N. Triphammer Rd., Ithaca, NY 14850
607-266-5300
www.kai.kendal.org

This type of long-term residential program provides a continuum of care including independent housing, health care services, a residential care facility (assisted living residence) and a skilled nursing facility.

Licensed Adult Care Residences

Assisted Living

Licensed adult care facilities provide housekeeping, meals, and recreational programs, 24-hour supervision, medications monitoring and varying levels of personal care. Adult care facilities are licensed by the New York State Department of Health.

Bridges Cornell Heights

403-407 Wyckoff Ave., Ithaca, NY 14850

607-257-5777

www.bridgescornellheights.com

Brookdale Ithaca

103 Bundy Rd., Ithaca, NY 14850

607-645-6704

www.brookdale.com

Longview

1 Bella Vista Dr., Ithaca, NY 14850

607-375-6300

www.longviewithaca.org

Family-Type Adult Homes in Tompkins County

These are homes that are licensed by the state to provide residential and personal care services for up to four persons.

Old Hundred

Classen Home Health

704 Five Mile Dr., Ithaca, NY 14850

607-277-1342

www.classenhomehealth.com

Evergreen House

Classen Home Health

4461 Jacksonville Rd., Jacksonville, NY 14854

607-277-1342

www.classenhomehealth.com

Brook-Haven

20 Senyk Ln., Freeville, NY 13068

607-262-7511

www.brook-havenftha.com

Nursing Homes

Groton Community Health Care Center

120 Sykes St., Groton, NY 13073

607-898-5876

www.grotonhealth.org

Cayuga Nursing and Rehabilitation Center

1229 Trumansburg Rd., Ithaca, NY 14850

607-273-8072

www.cayuganursingandrehab.org

Oak Hill Manor

602 Hudson St., Ithaca, NY 14850

607-272-8282

www.oakhillmanorithaca.com

Beechtree Center for Rehabilitation and Nursing

318 S. Albany St., Ithaca, NY 14850

607-273-4166

www.beechtreecenter.com

LONG DISTANCE CAREGIVING

Providing care for an older adult from a distance presents a unique challenge. Gathering information about the older person's situation, helping her/him make decisions about the future, and providing emotional support are as important as providing care.

Open communication among everyone involved and planning ahead can help avoid complications in the future. An important part of long-term planning is gathering information about services and programs in the older person's community. If you have internet access, you may be able to find information about long-term care services in another state by searching to see if the county Area Agency on Aging has a webpage listing those resources.

Eldercare Locator

1-800-677-1116

www.eldercare.acl.gov

One service available to long distance caregivers is the Eldercare Locator. The Eldercare Locator is a national toll-free number that helps caregivers identify the most appropriate organization for information and assistance in the older person's community. Call 1-800-677-1116 Monday-Friday, between 8:00am and 9:00pm, EST, for assistance. Please have the following information ready when you call: (1) The name and address of the older person you are assisting, including the zip code. (2) A brief and general description of the problem or type of assistance you are seeking.

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 maintains a directory of contact people

in County Offices for the Aging nationwide. A simple telephone call can provide detailed information about services available where the older person lives, regardless of what part of the state or country. A consultation with staff of the Caregiver Resource Center may also be helpful in your decision making process. The Resource Center also has a lending library of books and other resources for caregivers as well as free brochures.

LONG TERM CARE COMMUNITY SUPPORT SERVICES

A variety of other services are available to help meet the physical, psychological and social needs of frail elderly living in the community. These services can also be of tremendous help to caregivers, easing some of the responsibilities of providing care.

The first section that follows lists available community resources in the areas of home health care, nutrition, transportation, safety, and socialization. The second section contains a listing of in-home support and nursing services. For further information, consult the *Long Term Support Services in Tompkins County* booklet in the Office for the Aging booklet series.

Meals and Shopping Services

Foodnet: Congregate Meals Program and Home Delivered Meals

2422 N. Triphammer Rd., Ithaca, NY 14850
607-266-9553
www.foodnet.org

Congregate Meals Program

Provided by Foodnet, a not-for-profit organization that contracts with the Tompkins County Office for the Aging to operate the Senior Nutrition Program. They provide meals and social time Monday-Friday at midday. The sites for meals are

conveniently located throughout the County and are open to everyone over 60.

- Titus Towers (Ithaca, Monday-Friday)
- Slaterville Fire House (Slaterville Springs, Tuesdays Only)
- Shops at Ithaca Mall (Lansing, Thursdays Only)

Home Delivered Meals

Provided by Foodnet, who contracts with the Tompkins County Office for the Aging to serve older adults age 60 and over who live in Tompkins County. Two meals are delivered 5 days a week, and frozen meals can be provided for the weekends. Nutrition counseling and education are provided to participants. Contributions for the Congregate Meals and Home Delivered Meals are encouraged but are not required.

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

Persons under the age of 60 who meet the Home Delivered Meals criteria have the ability to pay independently for meals. Please contact Foodnet for more information.

Other Home Delivered Meals Options

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.
View this week's menu online at www.roseshomedish.com

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

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

Options for Grocery Delivery

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.



Transportation Services

Gadabout

737 Willow Ave., Ithaca, NY 14850

607-273-1878

www.gababoutbus.org

Gadabout provides transportation in Tompkins County to people 55 and over, and those with a disability. Most of its vehicles are wheelchair-equipped. Reservations must be made two or more days ahead of time. 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.

FISH Transportation Service

c/o 211 Tompkins Cortland Ithaca

Call 211 or 1-877-211-8667

www.fishotc.org

FISH (Friends in Service Helping) volunteers provide essential transportation for elderly, handicapped, or low-income individuals. This service is offered primarily for medically-related trips. You are asked to call a week in advance to schedule transportation. There is no charge for this service. Donations are accepted.

GoGo Grandparent

Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5482

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.

ADA Paratransit Service

Tompkins Transit Center
737 Willow Ave., Ithaca, NY 14850
607-277-9388, ext. 420
TTY 607-277-9766
www.tcatbus.com/ada

The ADA Paratransit Service is specialized transportation to serve persons with disabilities which prevent them from riding a fixed route bus. Those who qualify 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 public bus service.

Other Long Term Care Supportive Services

Project CARE Friendly Visiting

NY Connects/Tompkins County Office for the Aging
31 Dutch Mill Rd., Ithaca, NY 14850
607-274-5499
www.tompkinscountyny.gov/All-Departments/Aging

Project CARE matches older adults with volunteers and encourages regular visits, offering companionship and a chance for sharing time and interests.

Project CARE volunteers also provide respite to caregivers who are caring for someone so that the caregiver may get away to run an errand or just take some much needed time for themselves.



Hospice Care: at home, in a nursing home, or at the Hospice Residence

Hospicare and Palliative Care Services
172 E. King Rd., Ithaca, NY 14850
607-272-0212
www.hospicare.org

Hospicare and Palliative Care Services is a program of comprehensive home care for terminally ill patients and their families. The 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.

The Hospicare Residence provides residential care for terminally ill patients and is located inside the Hospice Center.

Visiting Nurse Service of Ithaca and Tompkins County

138 Cecil A. Malone Dr., Ithaca, NY 14850
607-273-0466
www.vnsithaca.org

AIM (Advanced Illness Management), a program of Visiting Nurse Service, helps patients with advanced chronic illness manage their health in ways that closely align with the patient's goals. AIM is a palliative care program that is appropriate for anyone, at any age and any stage of serious illness. Curative treatment may also be received at the same time.

Love Living at Home

832 Hanshaw Rd., Ithaca, NY 14850
607-319-0162
www.lovelivingathome.org

Love Living at Home membership is open to any residents 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 or \$656/household. Financial assistance with membership fees is available for those with low incomes.

Personal Emergency Response System (PERS)

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 Personal Emergency Response System is a communication system which links an individual with emergency medical response. Pressing a button on the unit or on a pendant worn around the neck or on the wrist automatically dials Doyle Medical Monitoring which will alert emergency services to respond when necessary. The PERS system costs \$25/month. At an extra charge, Fall Detection Sensor and GPS Mobile Service can be added to manage safety and security virtually anywhere.

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

Protective Services for Adults

Tompkins County Department of Social Services

320 W. Martin Luther King Jr./State St., Ithaca, NY 14850

607-274-5222

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

Protective Services are provided to adults over the age of 18 who, because of physical or mental impairment, are unable to manage their own resources or protect themselves from neglect or hazardous situations and have no one able to help them. Services are available regardless of income level. If necessary, the Department of Social Services can serve as a representative payee for a person unable to manage his or her money. Referrals come from concerned individuals as well as agencies and people themselves. Referrals are kept confidential.

Project Lifesaver

Tompkins County Sheriff's Office

Megan Cook

779 Warren Rd., Ithaca, NY 14850

607-257-1345, ext. 4456

Project Lifesaver provides timely response to save lives and reduces potential injury for adults and children who wander due to Alzheimer's, Autism, and other related conditions or disorders. Each participant who 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.

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.

IN-HOME CARE

A variety of agencies offer home care service. 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 a registered nurse (RN), licensed practical nurse (LPN), home health aide (HHA), personal care aide (PCA), homemaker, or companion. Hiring someone to provide care in your 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. Payment to an agency is made either by the family or a third party such as Medicare, Medicaid, or an insurance company. Private home care arrangements generally cost less than hiring through an agency; however, the patient or family assumes the responsibility for paying social security taxes, disability, and other employer responsibilities. For further information, consult the *Long Term Support Services in Tompkins County* booklet in the Office for the Aging series.



Public Programs Providing In-Home Care

Tompkins County Long Term Care Services

Human Services Building

320 W. Martin Luther King Jr./State St., Ithaca, NY 14850

607-274-5278

Provides intake and ongoing care management services for older adults receiving in-home services through Medicaid. Their nurses can also provide the Patient Review Instrument (PRI) assessment that is required for individuals prior to admission to a nursing home.

Note: Medicaid beneficiaries who need help with dressing, bathing, or other hands-on personal care that is expected to last more than 120 days must enroll in a Medicaid Managed Long Term Care (MLTC) plan. Call Tompkins County Long Term Care Services to learn about the process in enrolling in MLTC plans.

Medicaid

Medicaid provides a variety of home care services to Medicaid clients. Medical needs must be documented by a physician.

Nurses, under a doctor's order, coordinate in-home personal care and home health aide services to people who receive Medicaid. Services are provided without regard to age.

Tompkins County Office for the Aging

Expanded In Home Services for the Elderly Program

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5482

Expanded In Home Services for the Elderly Program (EISEP) provides non-medical, in-home services and case management for people 60 or over to help with bathing, dressing, cooking, shopping, laundry, and housekeeping. The case manager will arrange for and monitor these services on a sliding fee scale

based on their income and housing expenses. There is no charge for case management.

Veterans Long Term Care Benefits

Some Veterans may be eligible for home health care, short-term respite stay in a VA facility, “Aid and Assistance” pension, and/or other benefits. To discuss eligibility criteria or for help applying, call:

NYS Veterans Counselor

John Canestaro

607-733-2178

john.canestaro@veterans.ny.gov



Directory of Home Care Agencies

Medicare Certified Agencies

The following agency is certified by Medicare to offer skilled nursing, physical therapy, speech therapy, and occupational therapy to patients who meet Medicare criteria for being homebound.

Visiting Nurse Service of Ithaca and Tompkins County

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

607-273-0466

www.vnsithaca.org

Licensed Agencies

The following agencies are licensed by the NY State Department of Health to provide personal care and home care aide services

Caregivers

607-275-0238

2359 N. Triphammer Rd., Ithaca, NY 14850

www.caregivershomecare.com

Classen Home Health Associates, Inc.

607-277-1342

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

www.classenhomehealth.com

Community Health and Home Care, Inc.

607-273-7780

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

www.vnsithaca.org

Hospicare and Palliative Care Services

607-272-0212

172 E. King Rd., Ithaca, NY 14850

www.hospicare.org

Companion Care/Homemaker Services

Home Instead Senior Care

607-319-0075

840 Hanshaw Rd., Ithaca, NY 14850

www.homeinstead.com/842

Comfort Keepers

607-272-0444

1301 Trumansburg Rd., Suite A, Ithaca, NY 14850

www.comfortkeepers.com

Finding People to Hire Privately

The Registry

Finger Lakes Independence Center (FLIC)

215 Fifth St., Ithaca, NY 14850

607-272-2433

www.fliconline.org

The Registry is a free listing and referral service for households needing in-home help. The Registry links these households with independent job seekers over the age of 18. In-home job seekers are listed after they are interviewed and references are checked. The Registry job seekers offer services such as housekeeping, cooking, personal aide care and errands/driving.

Wages for home health aides and personal care aides usually range between \$15 to \$25 or more per hour. There is no fee for the matching service, but contributions are welcomed.

Finding In-Home Helpers Online

www.care.com

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

RESPIRE AND ADULT DAY PROGRAMS

Taking care of an elderly family member at home can be a 24-hour-a-day, 365 day-a-year commitment. Providing this care places considerable stress on spouses, adult children, and friends who must manage other family and work obligations as well. Respite services offer family caregivers temporary relief from the responsibilities of caring for a physically or emotionally dependent person and also provides the care receiver with social opportunities. One or more of these services may be just what you need to take care of yourself.

New York State Caregiving & Respite Coalition (NYSCRC)

1900 S. Clinton Ave., Rochester, NY 14618
585-645-4572
www.nyscsrc.org

NYSCRC provides a caregiver respite voucher program where a caregiver can apply for a voucher and receive up to \$600 to use toward respite care. This program is available to both Kinship Caregivers caring for a child under 18, and caregivers of adults and children with a long-term chronic condition.

Longview Adult Day Program

1 Bella Vista Dr., Ithaca, NY 14850
607-375-6323
www.longviewithaca.org

Longview's Adult Day Community offers respite for caregivers. The daily fee includes personal supervision and recreational programs, as well as morning and afternoon snacks and a hot, nutritious lunch. Cost is \$80/day. The program currently runs Monday - Thursday, 9:00am-3:00pm.

AmeriCorps Respite Program

Slaterville Fire Department

2681 Slaterville Rd., Slaterville Springs, NY 14881

To register call: 607-539-7193

The 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 Tuesday from 10:00am - 2:00pm at the Slaterville Fire Department. Brought to you by AmeriCorps Seniors and the NYS Caregiving & Respite Coalition.

In-Home Respite

Project Care Friendly Visiting

NY Connects/Tompkins County Office for the Aging

31 Dutch Mill Rd., Ithaca, NY 14850

607-274-5499

www.tompkinscountyny.gov/All-Departments/Aging

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 (see page 35).

National Family Caregiver Support Program Respite Care

Tompkins County Office for the Aging

607-274-5486

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

Privately Hired Respite Services

For a fee, you may arrange for respite aide service through one of the several area agencies if they have aides available at the times you need (see page 42). You may also be able to hire someone privately through The Registry, a service of the Finger Lakes Independence Center (see page 43).

Overnight Respite

Assisted Living Level of Care

Short-term stays are allowed on a space-available basis at Brookdale Senior Living and Longview as well as most of the smaller, family-type adult care homes locally. You may also want to look at places in nearby counties if space is not available at local residences. Charges generally include meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

Higher Level of Care

Those who do not have self-care skills to qualify for an adult home level of care can consider two other options for overnight respite: Cayuga Nursing and Rehabilitation Center and Beechtree Care Center skilled nursing facilities. 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 before the date respite care is needed.

Veterans may be eligible for a respite stay at a Veterans Administration residential care facility. In Tompkins County, contact the County Department of Veterans Services at 607-274-5920 to discuss eligibility and how to apply or call the National VA Caregiver Support Line at 1-855-260-3274. Go online to learn about VA caregiver support at www.caregiver.va.gov.

SERVICES FOR ADULTS WITH PHYSICAL DISABILITIES

The following services may be useful to adults with physical disabilities. Physical disabilities encompass a wide variety of conditions including visual, speech, hearing, mobility or other impairments caused by illness or accident. If the impairment originated before age 22, this may qualify as a developmental disability and provide eligibility for a variety of services and funding sources.

Agencies

Finger Lakes Independence Center (FLIC)

215 Fifth St., Ithaca, NY 14850

607-272-2433

www.fliconline.org

Provides information, referrals and advocacy on hearing loss and deafness, visual loss and blindness, as well as other disabilities. The “Try It Room” at FLIC contains a wide variety of assistive devices including decoders, pocket talkers, TDD/TTY’s, phone amplifiers, books and videos on hearing impairments, deafness, sign language and other disability related subjects. FLIC also provides assistance in locating appropriate professionals for hearing evaluation. American Sign Language classes offered.

Adult Career & Continuing Education Services: Vocational Rehabilitation (ACCES-VR)

44 Hawley St., Binghamton, NY 13901

1-800-888-5020 or 607-721-8400

www.acces.nysed.gov/vr

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed

by persons with disabilities through their lives. Through its administration of independent living programs, VR coordinates independent living services for people of all ages.

Equipment and Assistive Devices: Information, Purchases and Loan Closets

Many devices are available to help disabled people to adapt to their disabilities and lead more active lives. They can make life much easier for caregivers as well. If your need is temporary, the loan closets listed below provide free equipment (a deposit may be required). Whenever possible, seek professional guidance to choose the appropriate device; wheelchairs and walkers come in various sizes and can be unsafe if used improperly. Physical and Occupational Therapists and other rehabilitation professionals can help choose the right adaptive equipment for physical impairments.

Equipment Loan Fund for the Disabled

NYS Office of Children and Family Services

52 Washington St., Room 201 South, Rensselaer, NY 12144

518-474-0197

www.ocfs.ny.gov/programs/nyscb/equipment-loan-fund.php

The Equipment Loan Fund allows you to borrow up to \$4000, with an interest rate of 4% and can be used to purchase wheelchairs, wheelchair van lifts, and adaptive equipment.

Loan Closets

Dryden Veterans Memorial Home

607-844-9900

2272 Dryden Rd. (Rt. 13), Dryden, NY 13053

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

Finger Lakes Independence Center (FLIC) **607-272-2433**
215 Fifth St., Ithaca, NY 14850
www.fliconline.org

Free loan of wheelchairs, canes, crutches, walkers, portable ramps, TDD's, closed caption decoders, phone amplifiers, electronic magnifying devices, bathroom safety equipment. Consultation on home modifications.

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

Loan closet for wheelchairs, crutches, walkers and commodes.

McLean Community Church **607-423-2220**
50 Church St., McLean, NY 13102

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

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

Loan closet for wheelchairs, crutches, walkers and commodes.

Wonderful Wheelchairs **607-444-2817**
Cayuga Nursing and Rehabilitation Center
1229 Trumansburg Rd., Ithaca, NY 14850

Refurbishes used wheelchairs and makes them available to people in the Ithaca area.

Parking Permits

City Clerks Office

City Hall, 108 E. Green St., Ithaca, NY 14850

607-274-6570

www.cityofithaca.org

Permits allowing parking at designated spots are available for temporarily or permanently disabled individuals at either the City Clerk's office or your own Town or Village Clerk's office. Doctor's statement or prescription is required.

Department of Motor Vehicles

301 Third St., Ithaca, NY 14850

607-273-7187

www.dmv.ny.gov

Permanently disabled individuals can obtain license plates marked with the "handicapped" sign for a one-time charge of \$28.75. A doctor's statement, insurance card (and old plates) must be brought in.



SERVICES FOR EMPLOYED CAREGIVERS

Due to economic necessity and greater opportunities in the workplace, more and more caregivers are working outside the home. Juggling work and family responsibilities can be a tremendous challenge. It is important for working caregivers to seek out and receive the support that they need.

Employers are beginning to recognize eldercare as an important concern for their employees which may affect productivity. Policies to inquire about and advocate for (if your employer does not already have them) include flexible working hours, flexible benefits, family leave, and contracted programs such as information and referral, adult day care, workshops and support groups.

New York State Office for the Aging (NYSOFA)

Visit www.aging.ny.gov/help-working-caregivers for resources and information on supports for working caregivers.

Family and Medical Leave Act (FMLA)

The Family and Medical Leave Act covers employers of more than 50 employees (at the worksite or within 75 miles thereof). Since 1993, the FMLA has entitled qualified employees, who have been employed for at least 12 months and who have worked at least 1,250 hours during the 12-month period, to up to 12 weeks of unpaid leave per year for the birth or adoption of a child, to care for a spouse or an immediate family member with a serious health condition, or when unable to work because of a serious health condition. The employer is required to maintain any preexisting health coverage during the leave period and, once the leave period is concluded, to reinstate the employee to the same or an equivalent job.



NY State Family Paid Leave

www.paidfamilyleave.ny.gov

As of January 1, 2018, most employees who work for private employers in New York State are eligible to take up to 12 weeks paid family leave. Family leave provides job-protected, paid time off so someone can care for a close relative with a serious health condition. The employee can continue their health insurance while on paid family medical leave and are guaranteed the same or a comparable job when the leave ends.

Employee Assistance Programs (EAP)

Some employers provide free, confidential individual counseling for employees. Inquire about whether there is an Employee Assistance Program through your place of work to help you explore options when problems seem too confusing or painful to solve alone.

DIRECTORY OF SUPPORT GROUPS

Contact 211 for updated information on area support groups.

Alcoholics Anonymous

607-273-1541

Self-help for alcoholics.

Al-Anon

607-387-5701

Self-help for family & friends of alcoholics.

Alzheimer's Support Groups	315-472-4201
Alzheimer's Association	
Bereavement Support Group	607-272-0212
Support for those who have experienced a death of a loved one.	
Brookdale Caregiver Support Group	607-592-7986
Support for those caring for aging parents or other elderly.	
Cancer Support Group	607-277-0960
Cancer Resource Center of the Finger Lakes.	
Caregiver Support Group	607-274-5486
Office for the Aging group for those caring for aging relatives or friends.	
Diabetes Community and Support Groups	607-274-4127
Periodic education series and support for people with diabetes, family and/or friends. Held at Cayuga Medical Center.	
National Alliance for the Mentally Ill	607-273-2462
Support group for friends and family of people with severe, biologically based mental illness.	
Parkinson's Caregiver Support Group	607-279-8257
55+ Senior Support Group	607-273-9250
Weekly group held on Zoom by the Mental Health Association of Tompkins County.	

SAFE DRIVING RESOURCES

Navigating when it's time to address driver safety with a loved one can often be very difficult. In addition to safety concerns, there can be an emotional component that can make having these conversations hard. The following are resources that can hopefully help guide one through this process. The Tompkins County Office for the Aging can provide additional information on these programs.

Safe Driving Programs

Defensive Driving Courses

A state-approved Defensive Driving course can reduce your auto insurance rates and provide up to a 4 point reduction from your driving record. By completing this course, you are eligible for a 10% reduction in your insurance premiums for 3 years.

- AARP
www.aarpdriversafety.org
- AAA
www.westerncentralny.aaa.com/automotive/driver-training/defensive-driving.html
- TST Boces
www.smore.com/8wcv6-tst-boces-defensive-driving-course

Assessing a Driver

The Association for Driver Rehabilitation Specialists

www.aded.net/page/725

This website allows you to search for a certified driver rehabilitation specialist by state.

Learn Well Driving School

www.learnwellschoolofdriving.com

Instructors can ride with the person, in a dual controlled car, and assess their driving ability. They do not revoke licenses.

DMV Driver Re-evaluation Program

www.dmv.ny.gov/driver-license/dmv-driver-re-evaluation

The purpose of this program is to allow a driver to show qualifications to drive. The DMV will not remove driving privileges based on age or any standard except driving ability.

CarFit

www.care-fit.org

CarFit is an educational program created by the American Society on Aging. The program was developed together with AAA, AARP, and the American Occupational Therapy Association. CarFit can help older adults determine how well their personal vehicles “fit” them.

Other Resources

Safe Driving Tips for Older New Yorkers

www.ny.gov/programs/safe-driving-tips-older-new-yorkers

This site encourages online and in-person safety training and car safety check programs, provides information to help older drivers understand options for roadway safety, and offers a user friendly guide about preventing adverse drug interactions that can affect one’s ability to drive.

DMV Older Driver Resources

www.dmv.ny.gov/older-driver/older-driver-resources

This site provides information about driving skills and programs, health tips, license FAQ’s, vehicle safety tips, and more.

INTERNET RESOURCES FOR CAREGIVERS

NY Connects/Tompkins County Office for the Aging

www.tompkinscountyny.gov/All-Departments/Aging

Information on caregiver supports and other services offered by the local Office for the Aging. The booklet you are reading is online at this site as well as other resource guides on services for older adults in Tompkins County including Housing Options, Long Term Support Services, and Falls Prevention. To view the resource guides, click on the booklets located at the bottom of the homepage.

Finger Lakes Independence Center (FLIC)

www.fliconline.org

Accessibility consultations, adaptive equipment, consultations about vision, hearing, and mobility impairment resources, and support groups. On their homepage, click on *Services* to explore options for obtaining assistive devices and equipment.

Health in Aging

www.healthinaging.org

Healthinaging.org was created by the American Geriatrics Society Foundation for Health in Aging (FHA), to provide consumers and caregivers with up-to-date information on health and aging. Overseen by a team of experts on caring for older adults, choose among many topics for information of interest to you.

Family Caregiver Alliance

www.caregiver.org

The Family Caregiver Alliance (FCA) supports and assists caregivers of brain-impaired adults (such as person's with Alzheimer's, Parkinson's or Stroke) through education, research, services, and advocacy. FCA provides online support groups, caregiver consultations, information fact sheets, and a newsletter. Excellent publications for all caregivers.

Medicare

www.medicare.gov

Medicare information, nursing home ratings, and much more. Make sure you pay a visit and bookmark it for future reference.

Tualta

www.newyork-caregivers.com

The New York State Office for the Aging (NYSOFA) and the Association on Aging in New York (AgingNY) have partnered with Tualta to offer Tualta's web-based caregiver education and support platform at no cost to any unpaid caregiver in New York State.

There are an estimated 4.1 million caregivers in New York State who provide 2.68 billion hours of unpaid care. Sixty-one percent worry about caring for a loved one and 70 percent reported at least one mental health symptom during the pandemic. Tualta teaches critical skills to reduce caregiver stress levels and increase confidence in one's caregiving abilities.

For more information or assistance please contact the Office for the Aging at 607-274-5486.

ARCHANGELS

www.archangels.me

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. ARCHANGELS believes shining a light on caregivers so they feel seen, honored, and supported is the first line of care. 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.

ARCHANGELS provides communities (including states, employers, healthcare providers, and payers) with an omni-channel, data-driven engagement approach that changes caregivers lives for the better.

New York State Caregiving & Respite Coalition (NYSCRC)

www.nyscrc.org

NYSCRC is managed by Lifespan of Greater Rochester, Inc. NYSCRC is a partnership of dedicated organizations and individuals committed to supporting the millions of NYS family caregivers. NYSCRC focuses on increasing the caregivers access to respite services.