

ALZHEIMER'S RESOURCES IN TOMPKINS COUNTY

*Prepared by The Caregivers' Resource Center and Alzheimer's Support Unit
of the Tompkins County Office for the Aging (revised March 2019)*

GENERAL INFORMATION FOR FAMILY CAREGIVERS

- Caregivers' Resource Center and Alzheimer's Support Unit,
at the Tompkins County Office for the Aging:** 274-5491
Provides information, support, counseling, and referral, support group,
and sponsors training programs for caregivers, including the *Powerful
Tools for Caregivers* classes and workshops on dementia-specific topics.
Maintains a lending library of information on Alzheimer's Disease and
information for caregivers. Quarterly newsletter: *In Support of Caregivers*.
- Alzheimer's Association of Central New York** 330-1647
Telephone information and counseling, workshops, support group,
educational programs, brochures, training for family caregivers,
and professionals. "Medic Alert+Safe Return" Program. www.alzcnny.org.
- Project Lifesaver** 257-1345
Participants are fitted with a wristband (transmitter) that continually emits
a tracking signal that allows the Tompkins County Sheriff's Office to
locate someone with Alzheimer's or a related disorder to wanders away.
- National Institute on Aging: Alzheimer's Disease Education
& Referral Center (ADEAR)** 1-800-438-4380
Written information on research, treatment, and support.
www.nia.nih.gov/health/alzheimers

CAREGIVER SUPPORT

- Caregivers Support Groups**
- Caregiver's Resource Center and Alzheimer's Support Unit
at the Office for the Aging -** 274-5491
Can make referrals to other area support groups.
- Alzheimer's Association** 330-1647
Sponsors a monthly; Alzheimer's Support Group that meets
at Lifelong
- Family & Children's Service** 273-7494
Sponsors a monthly caregiver support group open to all family
caregivers of older adults, regardless of disease/condition.

Caregiver Counseling

Family & Children's Service

273-7494

Offers 1-1 caregiver counseling and monthly caregiver support group. No charge for these services.

Caregiver counseling is also available from local therapists and counseling agencies

Care Management

The Aging Life Care Association provides referrals to Geriatric Care Managers throughout the country. You may contact them at www.aginglifecare.org

Local geriatric care management can be arranged through:

Care Manage for All: Kim Evanoski 280-1433

Golden Guidance: Patricia Lynott 220-4846

Mindful Eldercare: Robert Levine 229-8404

Adult and Long-Term Care Services: case management for 274-5278
low income seniors using Medicaid or EISEP home care service.
Also, Adult Protective Services does care management for clients who, because of physical or mental impairment are unable to manage their own resources or protect themselves, and have no one to help them

Work/Life Balance

Employee Assistance Programs (EAP)

Provide confidential short-term counseling to employed caregivers. Available through your employer or benefit office.

LEGAL/FINANCIAL INFORMATION

Several local attorneys specialize in trusts, estates, and Medical Law. Be sure any power-of-attorney already held is durable, and will be effective in case of incompetence. Also, look under "lawyer" in the yellow pages of the phone book for those specializing in "elderlaw".

The Lawyer Referral and Information Service

1-800-342-3661

A Public Service of the New York State Bar Association providing referrals to lawyers in 43 upstate counties, including Tompkins County

Health Insurance Education Program

273-1511

The HIICAP program at Lifelong provides trained volunteers to answer your questions on Medicare, Medigap, and other health insurance concerns. The Office for the Aging also has trained HIICAP counselors to help with Medicare and Medicaid questions.

LONG DISTANCE CAREGIVING

Eldercare Locator

1-800-677-1116

Provides referrals to Local Area Agency on Aging for any area in the United States.

<https://eldercare.acl.gov/Public/Index.aspx>

LONG-TERM CARE

Long-Term Care Services of Tompkins County

274-5278

Provides non-medical, in-home aide service to income-eligible individuals through the Medicaid program and the New York State EISEP program. Also assists with applications to nursing homes.

IN-HOME CARE

In-home care for Alzheimer's patients is generally not "skilled" in nature (requiring injections, physical therapy, etc.) and is therefore not usually covered by Medicare. If the patient is in the later stages of Alzheimer's disease, hospice care may be appropriate, and is covered by Medicare. Call Hospicare (272-0212) to see if the patient is eligible for hospice service.

HOME CARE AGENCIES COVERING TOMPKINS COUNTY ARE:

CareGivers	275-0238
Classen Home Health Associates, Inc.	277-1342
Community Health and Home Care, Inc.	273-7780
Hospicare	272-0212
StafKings Healthcare Systems	273-5335
Comfort Keepers	272-0444
Home Instead (Companion/Home Helper Services)	315 252-2354

PRIVATE HIRE REGISTRY

The Registry (for assistance in hiring help directly)

A Service of the Finger Lakes Independence Center

272-2433

Links households needing in-home help with independent nurses, homemakers, companions, personal care aides cleaning personnel, drivers, errands, and yard work.

MEDICAL INFORMATION

Most local physicians can provide a thorough diagnostic work-up and follow up. It is most important to rule out reversible causes of dementia. For further assistance:

Center for Excellence for Alzheimer's Disease 1-315-464-6100
University Geriatricians at Upstate Medical University, Syracuse
Provides diagnosis and consultation for specific medical/behavioral problems, or participation in experimental drug program.
<http://www.upstate.edu/geriatrics/healthcare/>

Autopsy Assistance Network - Alzheimer's Association 1-800-339-4177
Autopsy is presently the only way to confirm diagnosis of Alzheimer's. An autopsy-confirmed diagnosis will be essential to early treatment if other family members develop dementia. National research currently being done in Syracuse utilizing donated brain tissue.

RESPIRE AND DAY PROGRAMS

Caregivers need occasional time off from the responsibilities of caring for Alzheimer's patients. Several home care agencies can provide homemakers or companions for an hourly fee. (*See In-Home Care Section*)

There are three types of respite services available to caregivers in Tompkins County: adult day programs, in-home respite, and overnight respite.

ADULT DAY PROGRAMS:

Social Day Programs

Currently, there is one adult social day program available in Tompkins County (the Longview Adult Day Community). Adult day programs provide older adults who are in need of supervision and/or socialization with opportunities to enjoy good food, great entertainment, and satisfying companionship. Medical and nursing care are not provided by social day programs.

Longview's Adult Day Community 375-6323
Provides a social adult day program, for individuals age 55+, five days a week (Monday-Friday) from 9:00 a.m. to 3:00 p.m. Provides respite for caregivers as well as a stimulating social and recreational environment for participants.
Daily fee: \$55/full day includes lunch/snacks

Adult Day Health Programs

Cortland Memorial Hospital's Adult Day Health Program 756-3916
Integrates nursing care with social activities in a cheerful, rehabilitative, home-like setting. If family members cannot provide transportation, arrangements can be made to transport from either Cortland or Tompkins County. 8:00 a.m. - 4:30 p.m. Monday - Saturday. Daily cost is covered by Medicaid or private pay (\$197/day) for those not eligible for Medicaid or Medicaid spenddown.

IN-HOME RESPITE CARE:

Tompkins County Office for the Aging (Project CARE) 274-5499
Provides assistance to seniors and respite for caregivers through its Project CARE program. Volunteers provide respite service typically once a week for an hour. The Project CARE coordinator may also be able to arrange for respite through a licensed home care agency in instances where hands-on personal care may be needed.

OUT-OF-HOME RESPITE:

Longview (1 Bella Vista Dr.) 375-6320
Longview sometimes has a bed available in their residential care facility for short-term admissions. Maximum stay of 6 weeks in one calendar year. This charge includes meals, housekeeping, help with bath and medications, and recreational programming. Respite residents must have enough self-care skills to qualify for residential care.

Brookdale Senior Living 256-5094
Brookdale Senior Living operates Sterling House (Assisted Living) and Clare Bridge (Memory Care). They offer short-term respite on a space-available basis. May require a two-week minimum stay.

Evergreen House and Old Hundred – These are homes operated 277-1342
by Classen Home Health Agency that offer assisted living services. They accept respite/short term stays on a space-available basis.

(Note: Area nursing homes may offer out-of-home respite possibilities. Similarly, there are several **other larger adult care (assisted living) facilities** within 45 minutes of Ithaca that offer overnight respite opportunities. Call the Caregivers' Resource Center to discuss possible options: 274-5491)