

---

# Long Term Support Services in Tompkins County



TOMPKINS COUNTY  
OFFICE FOR THE AGING

*Aging Better, Together*

---

NY Connects/Tompkins County Office for the Aging  
214 W. Martin Luther King Jr./State St.  
Ithaca, New York 14850  
(607) 274-5482  
[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

# 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/cofa](http://www.tompkinscountyny.gov/cofa)**

Unless otherwise stated, services and price levels described in this booklet are those scheduled to be in effect April 2023 and are subject to change.

This booklet has been prepared by the Tompkins County Office for the Aging.

**Printed: April 2023**

NY Connects/Tompkins County Office for the Aging  
214 W. Martin Luther King Jr./State St.  
Ithaca, New York 14850  
(607) 274-5482  
[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

# CONTENTS

## **7 IN-HOME ASSISTANCE**

### **7 Tompkins County Long Term Care Services**

- 7 Information and Referral
- 7 EISEP and Medicaid Home Care
- 7 Consumer Directed Aide Program

---

### **8 Medicaid Managed Long Term Care**

- 8 ICAN (Independent Consumer Advocacy Network)

---

### **8 Nursing Home Transition and Diversion Program**

---

### **9 Home Care & Home Health Care Agencies**

### **10 Medicare-Certified Home Health Care**

- 10 Visiting Nurse Service of Ithaca & Tompkins County

---

### **11 Licensed Home Care Agencies**

- 11 CareGivers Home Care
- 11 Classen Home Health
- 12 Community Health & Home Care
- 12 StafKings Healthcare Systems

---

### **13 Companion/Home Helper Agencies**

- 13 Home Instead Senior Care
- 13 Comfort Keepers

---

### **14 Hospicare and Palliative Care Services**

---

### **14 Private-Hire Services**

- 14 The Registry
- 15 Online Services
- 15 Other Services

## **17 MEAL & SHOPPING SERVICES**

### **17 Foodnet**

- 17 Congregate Meals
- 17 Meals on Wheels

---

19	Other Home Delivered Meals & Grocery Services
21	<b>CAREGIVER SUPPORT SERVICES</b>
21	Caregivers' Resource Center & Alzheimer's Support Unit
22	Caregiver Counseling
22	Caregiver Support Groups
22	Private Hire Respite Care Services
23	In-Home Respite Care Options
23	Out-of-Home Respite Care Options
24	Longview Adult Day Program
24	Geriatric Care Management
25	Individual Counseling and Support
26	<b>TRANSPORATION</b>
26	FISH Transportation Service
26	Gadabout Transportation
27	ADA Paratransit Service
27	Wheelchair Accessible Taxi
28	<b>ADDITIONAL LONG TERM CARE SERVICES &amp; PROGRAMS</b>
28	Veteran Services
29	Personal Emergency Response System
29	Project Lifesaver
30	Love Living at Home
30	Used Assistive Equipment/Loan Closets/Wheelchairs
32	Home Safety Assessment
33	<b>HOME REPAIRS AND MODIFICATIONS</b>
33	Home Repair Programs (INHS)
33	Major Home Repairs and Accessibility Grants

**33 FINANCIAL ASSISTANCE**

**36 RESIDENTIAL CARE FACILITIES**

**36 Ombudsman Program**

**37 Adult Homes/ Assisted Living Residences**

- 37 Brookdale Senior Living
- 37 Longview
- 37 Bridges Cornell Heights

**38 Family-Style Adult Care Residences**

- 38 Evergreen House and The Old Hundred

**38 Other Housing with Residential Care Services**

- 38 Kendal at Ithaca (Continuing Care Community)
- 38 Hospicare Residence

**39 Other Supportive Senior Housing Options**

**39 Skilled Nursing Facilities (Nursing Homes)**

- 39 Beechtree Center for Rehabilitation and Nursing
- 39 Cayuga Ridge Health and Rehabilitation Center
- 40 Groton Community Health Care Center
- 40 Oak Hill Manor
- 40 Kendal at Ithaca



## **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 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 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.

NY Connects/Tompkins County Office for the Aging  
214 W. Martin Luther King Jr./State St.  
Ithaca, NY 14850  
(607) 274-5482  
[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

## 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, referral, and case management for low income individuals age 60 and older, and individuals of any age for certain Medicaid-funded long-term care.

**1. Information and Referral** — Call to discuss long-term care services and service providers available to meet your needs or those of your loved one. Tompkins County Long Term Care Services also conducts the Patient Review Instrument (PRI) assessment required for nursing home admission.

**2. 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.

**3. 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 includes the Community Health Assessment and a clinical exam. For those whose needs are assessed at a PCA 1 level, they will be referred back to the local Long Term Care unit at DSS for arrangement of service.

**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.

**Tompkins County Long Term Care Services**  
**Tompkins County Department of Social Services**  
320 W. Martin Luther King Jr./State St.  
Ithaca, NY 14850  
(607) 274-5278

---

## Medicaid Managed Long Term Care

“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. **855-222-8350**

### **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 their help is free and confidential.

**Call ICAN at 844-614-8800**

**Email: [ican@cssny.org](mailto: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**  
(607) 724-2111, ext. 361  
<https://stic-cil.org/index.php/nhtd/>

---

## 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](http://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:

- Licensed Practical Nurse: \$49.75 per hour (2-hour minimum)
- Registered Nurse: \$82.25 per hour
- Personal Care or Home Health Aide: \$34.00 per hour for 2–4 hours (2-hour minimum)
- Companion/Housekeeping: \$29.25/hour

### CareGivers

2359 N. Triphammer Road, Unit 1A

Ithaca, NY 14850

**(607) 275-0238**

[www.caregivershomecare.com](http://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 Health Aide rate is \$37.00/hour (3-hour minimum)
- \$34.00/hour for 24 hour care

### Classen Home Health Associates

Patricia Classen

222 Elmira Rd., Suite 3

Ithaca, NY 14850

Phone: (607) 277-1342 Fax: (607) 272-4611

[www.classenhomehealth.com](http://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 services agency that serves Tompkins County. CHHC is associated with the Visiting Nurse Service at the same address

### **Home Care Rates:**

- Registered Nurse: \$67.00/hour
- Licensed Practical Nurse: \$35.00/hour
- Home Health Aide: \$26.00/hour
- Personal Care Aide: \$25.00/hr (\$34/hour for a 1-hour visit)
- Personal Care Aide for 2 people: \$27/hour

### **Community Health and Home Care, Inc.**

138 Cecil A. Malone Dr.

Ithaca, NY 14850

**(607) 273-0466**

**Email: [cburke@vnsithaca.org](mailto:cburke@vnsithaca.org)**

## **StafKings Healthcare Systems**

**StafKings Healthcare Systems** is a licensed home care agency offering a variety of nursing care services (RN and LPN), home health and personal care services. Also AIDS Treatments.

### **Home Care Rates:**

- Registered Nurse: \$200/Visit
- Home Health Aide: \$30.95/hour
- Personal Care Aide: \$30.95/hour
- LPN: \$43/hour \$95.00/Visit lowtech or \$115/Visit hightech
- RN: \$63.00/hour

### **StafKings Healthcare Systems**

224 South Fulton St.

Ithaca, NY 14850

**(607) 273-5335 or [www.nurseny.com](http://www.nurseny.com)**

---

## Companion/Home Helper Services

The following agencies provide meal preparation, light housekeeping, laundry, medication reminders, running errands, driving clients to doctor visits, companionship, support of clients with dementia, 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 Health Department 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 (3-hour minimum):  
Weekdays: \$35.00/hour. Weekends: \$36.00/hour.

#### **Home Instead Senior Care**

840 Hanshaw Rd.

Ithaca, NY 14850

**(607) 319-0075**

**[www.homeinstead.com/842](http://www.homeinstead.com/842)**

### Comfort Keepers

Comfort Keepers Ithaca is an independently owned and operated in-home care agency that provides a variety of service packages based on personalized care plans for each of their clients. Their services include PCA 1 care, companion care, homemaking, interactive caregiving, respite care, in-home safety solutions, medication reminders, assistance with daily living activities, accompaniment to social outings and on errands, etc. Comfort Keepers specializes in supporting individuals who are coping with various stages of Alzheimer's, dementia, and long-term COVID and their families. Comfort Keepers also provides a new customized transportation service to appointments, same-day surgeries, and social events.

Pricing is based on a client's personalized service package. 2 hour minimum for each shift is required.

#### **Comfort Keepers**

1301 Trumansburg Rd. Suite F

Ithaca, NY 14850

**(607) 272-0444**

**[www.comfortkeepers.com](http://www.comfortkeepers.com)**

---

## Hospicare and Palliative Care Services

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. 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 East King Rd.

Ithaca, NY 14850

**(607) 272-0212**

[www.hospicare.org](http://www.hospicare.org)

---

## Private-Hire Services

Visit [www.caregiver.org/hiring-home-help](http://www.caregiver.org/hiring-home-help) 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.

**Teresa Sivers**

Finger Lakes Independence Center  
215 Fifth St., Ithaca, NY 14850  
(607) 272-2433 or [teressa@fliconline.org](mailto:teressa@fliconline.org)  
[www.fliconline.org](http://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](http://www.care.com)

**Other Services**

The NY Connects/Tompkins County Office for the Aging office 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 at their home:

- Shopping/errands service
- Snow shoveling
- Drivers to out-of-county Medical Appointments, Other Trips
- Household Chores (wash windows, paint, rake leaves)
- Lawn work
- Organizing/Decluttering

For 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, but little-known service for older adults, invite them to drop off information about the service to 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 the proper credentials/insurance. If you are not sure, consider hiring from established businesses that advertise publicly (such as in the yellow pages.)





# MEAL AND SHOPPING SERVICES

## Foodnet — Meals on Wheels

### Congregate Meals

The **Congregate Meals Program** is provided by **Foodnet**, a not-for-profit group that contracts with the Tompkins County Office for the Aging to operate the nutrition programs for the county. They provide meals and social time Monday through Friday at midday. Nutrition counseling and education is also provided. The sites for meals are conveniently located throughout the county, and are open to everyone over 60. Contributions for the meals are encouraged, but not required.

### The dining room locations:

Ithaca	Titus Towers — <i>5 weekdays</i>	(607) 273-5297
Groton	Center Village Court — <i>5 weekdays</i>	(607) 279-9145

### 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

**1. Senior Nutrition Program:** 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 partially funded by the Tompkins County Office for the Aging and the New York State Office for the Aging. Contributions for the meals are encouraged, but not required. (It costs Foodnet \$10 per hot meal or \$50/week or \$11.80 for hot meal and sandwich meals or \$59 per week.) Those able to contribute the full cost are encouraged to do so, but any amount helps. SNAP is also accepted. No one is denied a meal because of inability to make a contribution.*

**4. Foodnet Select:** Other persons under age 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. Tompkins County and Foodnet established the Foodnet Select program with no state or federal funding in order to make home-delivered meals available to more people and to help offset reductions in government grants. The fee is \$10 per hot meal, \$11.80 for both hot meal and sandwich. Payment for Foodnet Select meals must be made in advance unless special arrangements are made to bill a third party.

Aly Evans, Executive Director

Jill Seeley, Registered Dietitian

**Foodnet**

2422 North Triphammer Rd.

Ithaca, NY 14850

**(607) 266-9553**

**[www.foodnet.org](http://www.foodnet.org)**



---

## Other Home Delivered Meals & Grocery Services

### Rose's Home Dish

Dinners are delivered cold and ready to pop into the oven. Served in 8x8 glass or disposable casserole dish. Provides at least two servings. Delivery to City and Town of Ithaca. For surrounding areas, inquire by emailing Rose: [rose-homedish@gmail.com](mailto:rose-homedish@gmail.com). Delivery on Tuesdays and Wednesdays. Weekly menus sent by email. View this week's menu online at:

[www.roseshomedish.com](http://www.roseshomedish.com) or 607-229-2416

### Ithaca to Go

Order by phone at (607) 216-9310 for home delivery from area restaurants/businesses. Serves 14850 and 14882 zip code areas. \$4.89 standard delivery fee. Driver tip is customary. View participating restaurants/businesses:

[www.ithacatogo.com](http://www.ithacatogo.com)

## **Rosie Online Shopping and Home Delivery**

Select the preferred grocer and shop. Choose between in-store pick-up (\$3.99 fee) or home delivery (starting at \$5.59, \$30 order minimum).

**[www.rosieapp.com](http://www.rosieapp.com)**

Call **855-767-4366**

Participating local grocers are:

- P&C FRESH Ithaca, 315 Pine Tree Rd. (East Hill Plaza)
- Clarks Food Mart, 33 North St., Dryden
- P&C FRESH Cortland, 160 Clinton Ave., Cortland

## **Grocery Delivery: Instacart**

Wegman's delivery service allows on-line ordering of most items in the store which are delivered to the home of people living in select zip codes in Tompkins County.

Delivery fee is waived on the first order. For information on delivery fees and enrolling in the program, visit:

**[www.wegmans.com/instacart](http://www.wegmans.com/instacart)**

Aldi's new delivery service allows on-line ordering of most items in the store for home delivery.

For information on delivery fees and enrolling in the program, visit:

**[www.shop.aldi.us](http://www.shop.aldi.us)**



## 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 & Referral
- Counseling
- Newsletter
- Lending Library
- Support Groups
- Training Workshops
- Volunteer & Paid 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/cofa](http://www.tompkinscountyny.gov/cofa)

Educational materials, periodic trainings, and other supports are available for those caring for loved ones with Alzheimer's or other dementia.

Referral is made to resources like the Alzheimer's Association, National Parkinson's Foundation, Commission for the Blind and Visually Handicapped and other health-related associations.

#### **Caregivers' Resource Center**

#### **NY Connects/Tompkins County Office for the Aging**

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

Ithaca, NY 14850

**(607) 274-5486**

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

---

## Caregiver Counseling

**Geriatric Mental Health and Caregiver Counseling at Family and Children's Service** offers confidential consultation and support to family caregivers. A caregiver counselor will meet with family caregivers periodically in the office to help them work through complex caregiving issues or provide emotional support. Special circumstances may be considered for in-home service. No charge. Contributions are requested to expand the service.

**Geriatric Mental Health and Caregiver Counseling  
Family and Children's Service**  
127 West State St.  
Ithaca, NY 14850  
**(607) 273-7494**  
[www.fcsith.org/older-adults-caregivers](http://www.fcsith.org/older-adults-caregivers)

---

## Caregiver Support Groups

The **Tompkins County Office for the Aging** offers a caregiver support group twice monthly 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).

**Caregivers' Resource Center at the Tompkins County Office  
for the Aging**  
**(607) 274-5486**

---

## 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 one (*See pages 11–13*). You may also be able to hire someone privately through The Registry, a service of the Finger Lakes Independence Center (*see page 14*).

---

## In-Home Respite Care Options

### 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 (*see page 28*).

The Tompkins County Office for the Aging also contracts with Tompkins County Long Term Care Services to provide paid aide service to provide a break to those caring for individuals who need help with hands-on personal care or substantial supervision due to Alzheimer's or other dementia. Specific criteria must be met.

### Project CARE

#### NY Connects/Tompkins County Office for the Aging

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

Ithaca, NY 14850

(607) 274-5499

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

---

## Out-of-Home Respite Care Services

### Adult Homes

Short-term stays are allowed on a space-available basis at **Longview**, **Brookdale Senior Living**, **Bridges Cornell Heights**, and most of the smaller, family-type, adult care homes locally (*see page 37*). If you can't find an opening locally you may want to look at places in nearby counties (e.g., Walden Place in Cortlandville, (607) 756-8101 or The Prentice Homestead in Apalachin, (607) 258-0215.) 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.

### 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 a few days before the date respite care is needed (*see page 39*).

---

## 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. \$80/day. Participants can attend all five days, or just certain days of the week.

### **Longview**

1 Bella Vista Dr.

Ithaca, NY 14850

**(607) 375-6323**

[www.longviewithaca.org/community/longview-adult-day-program](http://www.longviewithaca.org/community/longview-adult-day-program)

---

## 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 and include:

- Comprehensive assessment in client's place of residence with recommendations
- Ongoing assessment and follow-up visits
- Consultation, referral, and access to community resources
- Organization of healthcare appointments
- Arrangement of home maintenance, errand services and meal delivery
- Review of organizational needs concerning finances and medical services
- Assistance with placements in a skilled nursing facility, assisted living or senior housing
- Support with discharge planning from hospital or skilled nursing facility
- Coordination of services for long-distance caregivers.



---

## Local Geriatric Care Management Services

**Mindful Eldercare (Robert Levine, LMSW)**

(607) 229-8404

[www.mindfuleldercare.wix.com/levine](http://www.mindfuleldercare.wix.com/levine)

Email: [mindfuleldercare@gmail.com](mailto:mindfuleldercare@gmail.com)

---

## Individual Counseling and Support

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

**Buttermilk Falls Therapy Services (Lisa Luciano, LCSWR, ACSW)**

(607) 591-2763

**Ann Dolan, LCSW**

(607) 708-0808



# TRANSPORTATION

## Way2Go

Visit the **Way2Go** website to explore alternative transportation options available in the county.

[www.ccetompkins.org/way2go](http://www.ccetompkins.org/way2go)

---

## 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, NY 14850

**Call 211 or 1-877-211-8667**

[www.fishoftc.org](http://www.fishoftc.org)

---

## Gadabout Transportation Service

**Gadabout** provides demand-response transportation in Tompkins County to people 55 or over, and those with a disability. Most of its vehicles are wheelchair-lift equipped. Reservations 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 of the city limits.

### **Gadabout**

737 Willow Ave.

Ithaca, NY 14850

**(607) 273-1878 or [gadaboutgroup@tcatmail.com](mailto:gadaboutgroup@tcatmail.com)**

[www.gadaboutbus.org](http://www.gadaboutbus.org)

---

## **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 3/4 mile-wide corridor on either side of regular bus routes, and operates within the same time frame as the public bus service. For further information, or schedules, routes, and fares, contact:

**TCAT (Jenn Jennings, ADA Paratransit Coordinator)**  
**Ithaca Tompkins Transit Center**  
**(607) 277-9388, Ext. 420**  
**TTY (607) 277-9766, [jj2@tcatmail.com](mailto:jj2@tcatmail.com)**  
**[www.tcatbus.com/ada](http://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.

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

J.R. Clairborne  
(607) 274--5920

[www.tompkinscounty.nygov/veteran](http://www.tompkinscounty.nygov/veteran)

### NYS Veterans’ Counselor

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

John Canestaro  
(607) 733-2178

Email: [john.canestaro@veterans.ny.gov](mailto:john.canestaro@veterans.ny.gov)



---

## Personal Emergency Response System (PERS)

The **Tompkins County 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 demonstrate the system. **Rental fee:** \$25/month. Optional Services available at an extra charge.

### **NY Connects/Tompkins County Office for the Aging**

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

Ithaca, NY 14850

**(607) 274-5482**

[www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

---

## 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) 257-1345, ext. 4456**

---

## Love Living at Home

**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 life span.

### **Annual membership fee:**

- \$575/individual
- \$595/household

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

### **Love Living at Home**

121 E. Seneca St.

Ithaca, NY 14850

**(607) 319-0162**

[www.lovelivingathome.org](http://www.lovelivingathome.org)

---

## Used Assistive Equipment and 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 aids, phone amplifiers, devices to assist in dressing, bathing, medications management, bathroom safety equipment, etc.) to larger items (portable ramps, wheelchairs, walkers, canes, Braille machines, etc.) FLIC staff consult 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](http://www.fliconline.org)

**Trumansburg American Legion**

4431 Seneca Rd.

Trumansburg, NY 14886

**(607) 387-4212**

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

**Dryden Veterans' Memorial Home**

2272 Dryden Rd. (Rt. 13)

Dryden, NY 13053

**(607) 844-9900**

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

**Groton American Legion**

307 Main St.

Groton, NY 13073

**(607) 898-3837**

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

**Wonderful Wheelchairs**

1229 Trumansburg Rd.

Ithaca, NY 14850

**Call: Greg Harrington (607) 272-8224**

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

---

## Home Safety Assessment

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**

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

Ithaca, NY 14850

**(607) 274-5484**

**Call to schedule a free home safety assessment.**

## **Empowerment by Design Occupational Therapy**

Offering comprehensive home safety evaluations. They also assist with selection of accessibility products, universal design and remodeling services.

### **Empowerment by Design Occupational Therapy**

Ithaca, NY 14851

**(607) 351-1654**

[www.ebd-ot.com](http://www.ebd-ot.com)

## **Full Spectrum Rehabilitation and Wellness, LLC**

Specializing in geriatric rehabilitation and falls prevention.

### **Rebecca Fisher, MS, OTR/L**

15 Catherwood Dr.

Ithaca, NY 14850

**(607) 227-4421** or [fullspectrumrehab@outlook.com](mailto:fullspectrumrehab@outlook.com)

[www.fullspectrumithaca.com](http://www.fullspectrumithaca.com)





## MAJOR HOME REPAIRS AND 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 furnished at no cost.

##### **INHS**

115 W. Clinton St., Ithaca, NY 14850

**(607) 277-4500**

[www.ithacanhs.org](http://www.ithacanhs.org)

---

### Major Home Repairs and Accessibility Grants

#### **Bishop Sheen Housing**

Bishop Sheen Housing assists with emergency home repair grants subject to income guidelines and “Access to Home” grants to fund accessibility modifications.

##### **Bishop Sheen Ecumenical Housing Foundation**

P.O. Box 460

Bloomfield, NY 14469

**(585) 657-4114**

[www.sheenhousing.org](http://www.sheenhousing.org)

## 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.

**1-877-211-8667**

---

## Credit Counseling/Financial Counseling

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

- **Balance Service** (through Alternatives FCU) 1-866-456-2227
  - **Catholic Charities** (Elmira office) (607) 734-9784
  - **ClearPoint Credit Counseling Solutions** 1-800 479-6026
- 

## 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, visit: [www.heginc.com/dental](http://www.heginc.com/dental)

---

**EPIC (Elderly Pharmaceutical Insurance Coverage)** 1-800-332-3742

---

**Food Assistance (SNAP Program)** (607) 274-5201

---

**HEAP (Home Energy Assistance Program)** (607) 274-5482

---

## Health Insurance Counseling

(Medicare, Medigap, Prescriptions)

- **Lifelong** (607) 273-1511
  - **Office for the Aging** (607) 274-5482
- 

## Income Tax Counseling

- **Lifelong** (607) 273-1511
- 

## Lifeline Phone Service

*Call your telephone service provider.*

- **Verizon Telephone Discount** 1-800-555-5000
- **Safelink Wireless (free cell phone & service)** 1-800-977-3768
- **Assurance Wireless (free cell phone & service)** 1-888-321-5880

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

---

**Medicaid** (607) 274-5201

---

**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.*

Call **Medicaid:** (607) 274-5201  
or the **Office for the Aging:** (607) 274-5482

---

---

**New York State IT-214**

(Real Property Tax Credit)

(607) 274-5517

---

**Partial Property Tax and Enhanced STAR**

Exemptions for Senior Citizens

(607) 274-5517

---

**Project Share (Heating Fund)**

Tompkins County Department of Social Services

(607) 274-5264

---

**Temporary Assistance**

Tompkins County Department of Social Services

(607) 274-5348

---

**Rental Assistance**

- Housing Choice Vouchers (Section 8) (607) 273-1244/273-8816
- Public Housing (607) 273-8629
- Govt. subsidized senior apartment complexes (607) 274-5491

---

**Robin Fund/GIAC** *Emergency grants/loans to Ithaca area families confronting a critical bill.*

(607) 272-3611

---

**Small Comforts** — *Provides items of comfort and support for people with chronic illness in Tompkins/Cortland Counties. Online application at [www.smallcomfortsfoundation.org](http://www.smallcomfortsfoundation.org)*

---

**Social Security Administration**

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

---

**SSI (Supplemental Security Income)**

(607) 274-5482

---

**Veterans' Benefits** — *Including "Aid and Attendance" benefit for eligible veterans with long term care needs.*

(607) 274-5920

Larger adult care facilities are licensed by the NY State Health Department 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

*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

services, supplemental personal care, recreational programs and 24-hour support.

Skilled nursing care 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.

---

### 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 assisted living residences and nursing homes. 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. This 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, contact:

**Regional Ombudsman Program**  
**NY Connects/Tompkins County Office for the Aging**  
214 W. Martin Luther King Jr./State St.  
Ithaca, NY 14850  
**(607) 274-5498**

---

### Adult Homes/Assisted Living Residences

#### Brookdale Senior Living

##### Sterling House

Sterling House is a 46-apartment NY State licensed adult care facility

offering both assisted living and enhanced assisted living services to its residents.

### **Clare Bridge**

**Clare Bridge** is a licensed adult home and memory care residence with 28 private and 4 semi-private apartments. The facility and services are designed specifically to meet the needs of people with Alzheimer's or other dementia/memory impairments.

These residences are operated by Brookdale Senior Living.

#### **Brookdale Senior Living**

103 Bundy Rd., Ithaca, NY 14850

**(607) 256-2580 or 269-4204**

[www.brookdaleseniorliving.com](http://www.brookdaleseniorliving.com)

### **Longview**

Longview is a tax-exempt charitable organization 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 Director of Marketing & Sales**

Kim Owen

**607-375-6360 or**

[kowen@longviewithaca.org](mailto:kowen@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). Privately owned and operated. Both are certified to offer enhanced assisted living services.

Elizabeth Ambrose, Owner and Operator

**(607) 257-5777**

[www.bridgescornellheights.com](http://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 and The Old Hundred**

The Old Hundred (6 rooms) and Evergreen House (6 rooms) are smaller adult care residences operated by Classen Home Health agency.

The Old Hundred is on Five Mile Drive in Ithaca.

Evergreen House is on Jacksonville Rd., in the Town of Ulysses.

Contact:

**Classen Home Health**

**(607) 277-1342**

**[www.classenhomehealth.com](http://www.classenhomehealth.com)**

---

## **Other Housing with 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.

**Betsy Schermerhorn**

**Director of Admissions**

2230 N. Triphammer Rd.

Ithaca, NY 14850

**(607) 266-5300**

**Website: [www.kai.kendal.org](http://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 the Office for the Aging web site: [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

---

## **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 programs, social work services, and a full range of therapeutic services.

#### **Rates:**

- **Private** — \$335/day plus state surcharge
- **Semi-private** — \$320/day plus state surcharge

#### **Beechtree Center for Rehabilitation and Nursing**

318 South Albany St.

Ithaca, NY 14850

**(607) 273-4166**

[www.beechtreecenter.com](http://www.beechtreecenter.com)

### **Cayuga Ridge Health and Rehabilitation Center**

**Cayuga Ridge**, 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** — \$490 per day (includes state surcharge)
- **Semi-private** — \$490 per day (includes state surcharge)

#### **Admissions Coordinator**

#### **Cayuga Ridge Health and Rehabilitation Center**

1229 Trumansburg Rd.

Ithaca, NY 14850

**(607) 273-8072**

[www.cayuganursingandrehab.org](http://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** — \$430 per day (plus state surcharge)
- **Semi-private** — \$415 per day (plus state surcharge)

**Mary Pai**

**Groton Community Health Care Center**

120 Sykes St.

Groton, NY 13073

**(607) 898-5876**

## **Oak Hill Manor**

**Oak Hill Manor** is a 60 unit 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** — \$420 per day (plus state surcharge)
- **Semi-private** — \$410 per day (plus state surcharge)

**Oak Hill Manor**

602 Hudson St.

Ithaca, NY 14850

**(607) 272-8282**

## **Kendal at Ithaca**

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

**2023 Skilled Nursing daily rate is \$455**

*(See page 38 for additional information about Kendal.)*

**Samantha Felice**

**Director of Social Work 607-266-5338**