

PROPOSED PLAN FOR 2009 AGING SERVICES



Michael G. Breslin
County Executive

Ralph J. Scarano
Commissioner

ALBANY COUNTY DEPARTMENT FOR AGING

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GREETINGS FROM THE COMMISSIONER

A new year is rapidly approaching so it is time for us to assess our progress in 2008 and to set our goals for 2009. This exercise is important because it provides valuable information that will enable us to plan appropriate programs for our seniors and their caregivers in 2009. There is no question that our evaluation of 2008 should be thorough. Gaps and barriers should be identified and dealt with accordingly so we can increase our efforts to help seniors retain their independence and thrive in the community.

The Department for Aging and its dedicated service-provider network continue to have a solid partnership that has allowed us to provide comprehensive services to our seniors and their caregivers. Additionally, through collaborations found with the County's Departments of Social Services and Health, we have provided several initiatives that support Albany County Executive Michael Breslin's plan to provide resources that enable people to continue living an independent lifestyle in the community.

It is the desire of the Albany County Office for Aging to provide a comprehensive menu of services to our seniors and their caregivers in 2009. However, we need your input to help us complete our plan. We need you to tell us whether or not we are on the right track.

So I ask you to take the time to review our proposed plan of services for 2009. I encourage you to participate in our public hearings by offering your comments and suggestions. The dates, times, and locations are listed on the following page. Should you be unable to attend one of our public hearings, feel free to contact my office by phone (518) 447-7198, email (aging@albanycounty.com), or by letter to provide any comments, questions, or concerns that you may have. It will be a pleasure hearing from you.

Respectfully submitted,

Ralph J. Scarano,
Commissioner

NOTICE OF PUBLIC HEARINGS

In accordance with the New York State Office for Aging regulation 6653.2(c), the Albany County Department for Aging is required to “publicize and hold at least one public hearing in a manner, place and time which give elderly people, public officials and other interested parties adequate notice and reasonable opportunity to participate.”

SUBJECT: Proposed Plan for Aging Services 2009

PURPOSE: To solicit input from Albany County citizens regarding the implementation of Aging Services provided by the County. These hearings will examine various factors regarding the proposed plan of services including funding levels, distribution of services and recipients of services. These hearings also provide the public an opportunity to offer comments or make recommendations on the proposed abstract.

Persons wishing to present testimony or obtain an abstract should contact Glenda Gustafson at (518) 447-7195 at the Albany County Department for Aging. Please indicate whether you would like to present oral or written testimony, or both. Oral testimony will be limited to ten minutes duration. The Department for Aging is always seeking input. Please feel free to contact us at the above number at anytime with your questions, concerns or comments.

LOCATION:

Thursday, October 9, 2008 2:30 p.m.	Beltrone Living Center 6 Winners Circle Colonie, NY 12205
Friday, October 17, 2008 10:30 a.m.	Neighborhood Community Centre 340 1 st . Street Albany, NY 12206
Tuesday, October 28, 2008 4:00 p.m.	Cohoes Multi-Service Senior Center 10 Cayuga Plaza Cohoes, NY 12047



2008

ACCOMPLISHMENTS

NUTRITION

Home Delivered Meals Program

- ❑ Our assessment contractor, the Albany County Department of Health, has worked diligently to keep up with a growing need for assessments for the Home Delivered Meal program. The nurse's assessments include eligibility for HDM as well as referrals for additional services to seniors. In 2008 our meal service providers delivered over 31,000 hot and cold meals each day. In order to keep up with the rising costs of food and fuel, our meal service providers delivering to rural seniors, have begun to deliver hot daily meals less frequently but continue to provide meals for 7 days by delivering extra frozen microwaveable meals.

Congregate Dining Program

- ❑ The number of seniors participating in the congregate dining program increased from 2383 in 2007 to 3583 in 2008. We continue to look to expand our dining program and seek new sites to provide seniors with a nutritious hot meal in both urban and rural areas of throughout the county.

Nutrition Counseling and Services

- ❑ This year our Certified Dietitian Nutritionist provided 140 personalized in-home counseling and nutritional education sessions to at risk seniors. The information provided can help seniors learn to manage chronic conditions and can help improve their overall health. Many of the referrals for counseling come from the Department for Health nurses intakes and assessments for nutritionally at risk clients for Home Delivered Meals or Adult Day and EISEP services. Our Dietitian is also responsible for monitoring the HDM and Congregate sites to ensure that all meals: meet RDA standards for nutrition; are cooked, transported and served at appropriate temperatures; and are prepared in sanitary conditions.

IN-HOME CONTACT, CARE AND SUPPORT

Increased Services for our Homebound Elderly

- Over the past year, the number of referrals for services has increased as information and outreach efforts for the new Point of Entry (POE) access line, Albany County-NYCONNECT have expanded. During 2008, 417 seniors received Expanded In-Home Services for the Elderly Program (EISEP) services. The home health aids provided through this service help frail seniors with activities of daily living in their homes. Ongoing case management, by the Department of Social Services monitor the seniors well-being and assist the seniors and their caregiver with referrals to other needed services. A personal emergency response system (PERS) may also be a part of this service.
- The Telephone Reassurance, Shopping Assistance and Friendly Home Visiting programs provide much needed contact to those who are generally homebound, isolated, and lack adequate support systems. The programs give seniors security in knowing that someone will check on their safety or will assist them with weekly grocery shopping. During 2008, 105 seniors participated in the program. We have made an effort to expand these services, especially for those who are residents of the rural areas of the county.

CAREGIVER SUPPORT SERVICES

- We continue to assist those in caregiver roles by providing educational programs, counseling and support groups. The caregiver supportive services we offer: adult day care, respite and Personal Emergency Response Systems (PERS); help to provide alternatives to institutional settings.

ACCESS SERVICES

- During the past year, the Albany County-NY CONNECTS Point of Entry (POE) access line has been providing unbiased information, referrals and assistance for and the elderly and the disabled and their caregivers. The POE, a collaboration between Albany County Department of Aging and Social Services, offers information about affordable or no cost medical and non-medical services. The POE helps callers and their families maintain and improve the health and daily function of individuals with long term care needs in a comprehensive approach. Since its inception in July 2007, the POE line has received 6,370 calls, or a monthly average of 637 phone calls.

The individuals who have called Albany County-NY Connects since July 2007 are broken down as follows:

Date of Data	Consumers	Professionals	Caregivers	Other
July 2007-April 2008	39.01% (2,485)	29.44% (1,876)	20.78% (1,323)	10.77% (686)

*The “OTHER” category reflects callers who may be neighbors, friends, and other family members whom are not the consumer’s caregiver.

Age of Consumers (seniors and disabled individuals)

Less than 18 years of age	19-59 years of age	60+ years of age	Unknown
<1% (60)	22.66% (1,444)	57.88% (3,687)	18.50% (1,179)

Specialized Information Services

- In 2008, our Health Insurance Information Counseling and Assistance Program (HIICAP) provided outreach, expert information and assistance to an average of 50 clients per month. HIICAP assists seniors and Medicare eligible adults with: health insurance issues, yearly updates and formulary changes to the Medicare plans. This year the program worked with New York State EPIC program and New York State Office for Aging to make low income seniors aware of federal and state benefits that would help pay for premiums and medication co-pays.
- The Long Term Care Insurance, Education, and Outreach Program (LTCIEOP) is designed to educate Albany County residents age 40 to 60, with planning for future long term care needs and with the elements of being financially prepared. During 2008, the program provided information to 553 individuals and 26 personalized counseling appointments about long term care insurance and the New York State Partnership for Long Term Care Insurance. In order to reach out to younger population, the program has successfully presented to such groups as: government agencies, Rotary, Kiwanis, Lyons Clubs, chambers of commerce, attorneys, and financial planners.

TRANSPORTATION

- The department participates in United We Ride, a coordinated model of service delivery. The service transports seniors in Albany County, as well as those who are eligible to receive Medicaid funded transportation. In 2008 we were pleased that the Town of Berne has joined the United We Ride endeavor. We continue to reach out and to work to add agencies to the delivery system to increase the availability of rides to all seniors, especially those in rural areas. In 2008 the number of seniors accessing transportation, increased from 1162 in 2007 to 1421 in 2008.

HEALTH MAINTENANCE, SOCIALIZATION AND RECREATION SERVICES

- We again supported a full range of recreation and socialization programs. This year 1672 seniors participated in ongoing socialization and recreation programs across the County. We also support programs that address health education including Medication Management. We also stepped up our support for intergenerational programs. Through a collaborative effort between service providers in Ravena and the Town of Bethlehem, seniors at the new meal site in Bethlehem now enjoy musical entertainment performed by seniors and youth.

- The Capital District Healthy Choices NY program is in the 2nd year of a 3-year grant. The program consists of two evidence-based models that assist seniors in making healthy lifestyle changes, using methods that have proven to be effective in reducing the risk of disease and disability and help with pain management. In Albany County 284 seniors participated in the program in 2008. The program is funded by the Administration on Aging and is a partnership between the New York State Office for the Aging, New York State Department of Health, Retired Senior Volunteer Program (RSVP) of the University at Albany's Center for Excellence in Aging Services and Albany, Schenectady, Rensselaer, and Saratoga County Aging Departments.

WEATHERIZATION PROGRAM

- Our contractor, Cornell Cooperative Extension's CHOICES program, provides outreach about energy saving programs and assists seniors apply for Weatherization Referral and Packaging Program (WRAP) services and the Heating Energy Assistance Program (HEAP). This year the CHOICES program assisted 1675 income eligible seniors with HEAP applications; performed 40 home assessments; and facilitated 33 seniors in weatherization and emergency home repairs through WRAP funding.

911 Cell Phone Program

- The Albany County Sheriff's Department and the Department for Aging worked collaboratively to provide donated working cell phones to seniors for use as 911 emergency phones. The Sheriff's Department collected and tested the phones and the department distributed over 50 phones to seniors who had requested them through the POE line.

COMMUNITY OUTREACH AND INFORMATION

We once again supported and participated in the annual Senior Citizen's Law Day at Albany Law School. The event provided seniors and their families with information and workshops on a variety of issues pertinent to seniors. This year over 500 participants attended the event.

- In an attempt to save low income seniors money on their energy bills, the department cooperated with NYSERDA's NY EMPOWER program and Cornell Cooperative Extension, through a mailing with information and an application for the EMPOWER program. 450 HEAP eligible seniors were contacted about free energy audits and possible replacement of old appliances and installation of insulation.

- The department attended community meetings, conferences and special events concerned with and advocating for, seniors and senior issues including the following: Long Term Care Council, Aging Unites Us Conference, WMHT Caregivers Month,

**Unduplicated Count of Individuals Served
2007-2008 Fiscal Year
(April 1, 2007 - March 31, 2008)**

Total 60+ served*	9974
Transportation	1162
Homemaking/Personal Care	209
Housekeeping/Chore	84
In Home Contact & Support	105
Legal Assistance	178
Home Delivered Meals	1353
Congregate Meals	3583
Nutrition Education	1748
Adult Day Care	93
Employment	69
Recreation	1339
Preventive Health	917
Case Management	1488
Low Income	1874
Frail/Disabled	1661
Age 75+	4295
Age 85+	1889
Live Alone	3341
Low Income Minority	222
American Indian/Alaskan Native	25
Asian/Pacific Islander	30
Black (Not Hispanic Origin)	366
Hispanic	49

*Total 60+ served does not include services such as information and assistance where specific information on many seniors receiving the service was not available.

Albany County Department for Aging

2009 Anticipated Budget

	2007 Actual	2008* Working	2009* Requested
TOTAL APPROPRIATIONS	\$ 4,693,190	\$ 5,054,859	\$ 5,609,705
REVENUE	\$ 3,460,706	\$ 3,368,672	\$3,333,225
COUNTY SHARE	\$ 1,232,484	\$ 1,686,187	\$ 2,276,480

***The figures indicated herein are tentative and are based upon the most recent information available at the time this document was prepared. The County budget will not be final until approval is given by the Albany County Legislature in December 2008.**

- Total Appropriations represent the total amount of money approved by the County Legislature to support contractual and other expenditures made on behalf of seniors.
- Revenues are the funds received by Albany County in support of contractual and other expenditures made on behalf of seniors. This represents funds received from federal, state and local sources not including support derived from the county tax levy.
- County Share represents the amount of funds raised by the tax levy in support of expenditures made on behalf of seniors.



GOALS for 2009

NUTRITION

Home Delivered Meals

As part of our effort to keep seniors in their homes, our aim is to continue to fill the need and the increasing demand and for nutritiously balanced meals each day. We continue to seek new and cost effective ways to deliver nutritious meals to the homebound elderly in rural areas of Albany County. To ensure adequate nutrition 7 days a week for our seniors in rural areas, we are delivering several days worth of frozen meals along with their daily hot meal. We will continue to work with our case managers of the Home Delivered Meals program, and the Albany County-NYCONNECTS Point of Entry line, to advance the reach of these core services. By making use of the connections formed between the Albany County Department for Aging, the Albany County Health Department, and the Albany County Department of Social Services, we continue to reinforce the Home Delivered Meals program as the gateway to referring seniors and caregivers to appropriate programs and services, including home care, adult day care, and many other community-based services.

Congregate Dining

The Department for Aging will continue to examine ways to improve the appeal of congregate dining. The goal is to make it a setting that not only provides a nutritious meal, but that also fosters social, spiritual, mental and physical well-being. We will encourage providers interested in serving seniors in underserved and hard-to-reach areas, to participate in this program. We will explore the opportunity to expand our service matrix to include disabled individuals residing in areas predominantly occupied by senior citizens.

Nutritional Counseling and Education

Our dietitian will continue to work with Albany County Department of Health Nurses and Cooperative Extension nutritionists to identify senior citizens who are at nutritional risk. Our dietitian will continue to educate seniors about the necessity of good nutrition in sustaining a healthy, independent lifestyle through personalized in-home counseling visits. This valuable counseling service will help seniors make improvements in their nutritional intake and therefore improve their overall health and wellness.

IN-HOME CONTACT, CARE AND SUPPORT

Services for our Homebound Elderly

The goal of the Expanded In-Home Services for the Elderly Program (EISEP) is to help seniors remain independent, healthy and safe within their homes by providing needed services that prevent unnecessary placement in hospitals and nursing homes. To meet this goal, we will continue to offer care planning, free case management, personal care, homemaking, chore services and Personal Emergency Response Systems (PERS). We will continue to collaborate with the Department of Social Services, for EISEP case management and to partner with DSS on the Albany County-NYCONNECTS: Choices for Long Term Care endeavor. Through this collaboration we will link more seniors to additional needed services in the community to:

- Improve access to appropriate and cost effective non-medical support services.
- Enhance the ability of family members or other informal caregivers to care for an older person in their home environment.
- Improve planning, accessibility and management of home care services for service providers.
- Expand the availability of non-medical home care services as a cost effective alternative to more intensive and costly forms of care such as nursing home placement.

In the future we would like to be able to offer a Consumer Directed component to the EISEP program. The Consumer Directed service would allow seniors to use EISEP as a payment source to have a trusted friend or neighbor provide their personal care. This would be in keeping with giving consumers maximum choice and control over the care they receive. We hope to increase supportive services for informal caregivers of seniors, to help alleviate the need for some more formal or ongoing services. Additionally, we are looking into the possibility of extending our EISEP funding to cover Social Adult Day Care services. This would meet another need for services, and also provide respite for caregivers.

As we strive to reach the homebound and the frail, we will continue to place great emphasis on supporting programs such as Telephone Reassurance, Friendly Home Visitor, and Shopping Assistance. An inherent benefit of these programs is that our providers enlist many senior volunteers to carry out services. These contacts are mutually beneficial, and offer an invaluable means of keeping seniors connected in the community and able to remain living at home.

CAREGIVER SUPPORT SERVICES

We continue to assist those in caregiver roles by providing informational and educational programs, counseling and support groups. The caregiver supportive services we offer help to provide alternatives to institutional settings. The services for the care receiver include: escort transportation, adult day care, respite and Personal Emergency Response Systems (PERS).

ACCESS TO SERVICES

Transportation

We remain committed to the United We Ride endeavor for 2009. Within the framework of this system, we will continue to leverage funds for transportation by working with the County Department of Social Services as well as government entities on both the state and federal levels. It is our goal to seek new community providers to participate in the system in order to service seniors residing in the hill towns, rural areas, and the borders of the county, as well as providers who would be available for weekend transports. We also will examine the possibility of providing escort transportation as a supplement to this model.

Albany County- NYCONNECTS: Choices for Long Term Care

Information, Assistance, Outreach and Education

Our goal is for consumers, caregivers and health and human services providers from across multi-service delivery systems to have a comprehensive understanding of the long term care system in Albany County. We will supply information and assistance services to all seniors and disabled persons who need help, regardless of age, disability or payer source, and empower them to make informed choices. As part of this system, we become better equipped to provide the necessary pathways to our senior programs including, but not limited to: nutrition, in-home care, prevention and wellness programs, and caregiver support. Additionally, we will gather demographic data that provides us with a clearer measurement about those we are serving and the programs they require.

Long Term Care Council

Our council represents stakeholders from across the multi-service delivery system. One of its main purposes will be to help us gauge the needs of our target populations, and identify existing gaps in the long term care system. It is our goal to obtain an ongoing collaboration with these key community entities that will yield an understanding of how we can best continue to improve the system of long term care services.

Long Term Care Insurance Education and Outreach Program

An ongoing goal is to heighten awareness for individuals aged 40 to 60 about the importance of planning ahead for long term care needs. We will be targeting a greater number of individuals to receive education and counseling on all aspects of long term care insurance, including the New York State Partnership for Long Term Care Insurance via our Long Term Care Insurance Education and Outreach Program (LTCIEOP). This aspect of the program will become a crucial element in sustaining viable alternatives to entering institutional facilities, and will play an important role in our Point of Entry system, Albany County-NYCONNECTS: Choices for Long Term Care, which aims to provide more choices and foster independence.

Health Insurance Information Counseling and Assistance Program

In our Health Insurance Information Counseling and Assistance Program (HIICAP), we will strive to assist a greater number of seniors and adults receiving Medicare. We will continue to educate beneficiaries helping to empower them with the information they need to make informed decisions on insurance issues. In 2009, beneficiaries will receive guidance on changes Medicare Part D and all aspects of health insurance. Particular emphasis will be placed upon educating the public about the many benefits available from Medicare for preventative health screenings and services. As an ongoing goal, we will increase senior citizen volunteers in the HIICAP program.

HEALTH MAINTENANCE, SOCIALIZATION AND RECREATION SERVICES

Mental Health Services

There is a great need for mental health services for the elderly. Older adults have specific mental health care needs, and can be at risk regardless of previous medical history. Alcohol abuse, substance abuse, medication misuse and gambling, in addition to depression, dementia and other mental illnesses are of growing concern now and are expected to increase as the baby boomers age. We are looking to begin a collaborative of community partners to form a demonstration project to address the mental health needs of seniors. We will support the development of programs and initiatives that will encourage integration of community services that will serve to assist and educate formal and informal caregivers on the mental health issues of the elderly. Our efforts to coordinate care will increase as we continue to strengthen our Albany County-NYCONNECTS: Choices for Long Term Care program.

Preventative Programs

The Department has recently committed support to the Capital Region Older Driver Assistance Network, which is funded by a grant from the State of New York Governor's Traffic Safety Commission. Other core partners in this grant are: New York State Office for the Aging; New York State Department of Motor Vehicles;

New York State Department of Health, Office of Injury Prevention; Rensselaer County Department for the Aging; and Schenectady County Office for the Aging. This Network will provide outreach, information, evaluation and assistance via a formal framework of collaboration among professionals who are routinely involved with older drivers and their families. The goal is to assist older drivers to remain safe as drivers when appropriate or to access transportation alternatives when it is not. Our Department will spread the word of the availability of these extremely valuable services and will refer seniors and their families to this network of assistance as the need arises.

The Healthy Choices NY program ties into our goals for the Albany County-NYCONNECTS: Choices for Long Term Care program by empowering people to take control of their health and to increase awareness and use of preventative screening services covered by Medicare. We continue to be engaged in Healthy Choices NY, a partnership among the New York State Office for the Aging, New York State Department of Health, Retired Senior Volunteer Program (RSVP) of the University at Albany's Center for Excellence in Aging Services, and the four area Capital Region counties. As the lead county partner, we continue to see many of our seniors involved in these programs that are designed to assist them in their endeavors to follow healthy lifestyle practices through interactive methods of service delivery. This evidence-based program targets underserved seniors within the Capital Region who benefit from programs that have shown positive outcomes in lowering the risk of chronic disease, disability or injury. As an added bonus, the methods developed use specially trained senior volunteers to serve as peer leaders and to senior participants in community-based venues. In 2009 we will continue to seek support for these programs by enlisting our community partners, and to reinforce the initiative of the Neighborhood Naturally Occurring Retirement Community (NNORC).

Intergenerational Programs

We will continue supporting and encouraging the development of intergenerational program models that benefit all participants and build communities by promoting positive interactions between senior citizens and children and teens. We will build upon the success of existing programs such as the school-based STARS (Seniors Teaching and Reaching Out to Students) Program at the Ravena-Coeymans-Selkirk School District, which brings senior volunteers into classroom settings to mentor at-risk students. At a time when the pool of young volunteers is shrinking, local school districts can recruit seniors to help address the needs of at-risk children while giving the seniors a worthwhile volunteer opportunity that helps them remain connected and active in the community.

Albany County Department for Aging Program Catalog with Current Funded Providers

The mission of the Department for Aging is to make available the highest quality of supportive services to seniors and their caregivers that enable the seniors to maintain independent and self-directed lifestyles. We accomplish this by offering a wide range of services through our contract agencies. These services include, but are not limited to: Nutrition and Preventive Health Education and Maintenance; Support Programs; Transportation Assistance; Employment Opportunities; Legal Counseling; Health Insurance Information Counseling and Assistance; and Recreational Activities.

The following is a list of all the subcontractors providing the Department's 2008-2009 programs and services:

Adult Day Care Services

Offers social assistance in a supervised center environment; includes meals and planned therapeutic and recreational activities. The program is available to people who are 60 years or older.

Adult Day Care Services Provided by:

- Cohoes Multi-Service Senior Citizens Center, Inc. 235-2420
- Colonie Senior Service Centers, Inc. 459-2857
- Senior Services of Albany 465-3322
- The Eddy, Northeast Health 271-2217

Family Caregiver Support Services

Offers support groups; family counseling; respite services, including adult day care; and personal emergency response systems support to those providing care to individuals 60 or older.

Caregiver Support Provided by:

- Catholic Charities Caregivers Support Services 449-2001
- Cohoes Multi-Service Senior Citizens Center, Inc. 235-2420
- Colonie Senior Service Centers, Inc. 459-2857
- Community Caregivers, Inc 456-2898
- Senior Services of Albany 465-3322
- St. Peter's Hospital Lifeline 454-1536
- Town of Colonie Senior Resources Department 235-2420
- The Eddy, Northeast Health 271-5070

Congregate Dining

This program offers a nutritious hot meal at various sites with menus approved by a registered dietitian. Nutrition Education materials are distributed to participants for their use. Monetary contributions for the meals are suggested, but not required. The program is open to people who are 60 years or older, or the spouse of an eligible individual regardless of age.

Congregate Dining Services Provided by:

- Cohoes Multi-Service Senior Citizens Center, Inc. 235-2420
- Colonie Senior Service Centers, Inc. 459-2857
 - Beltrone Living Center
 - Bishop Broderick Apartments
 - Colonie Community Center
 - Carondelet Commons Senior Apartments
 - Colonie Town Hall
 - Guilderland Senior Center
 - Lishakill Senior Center
 - Sheehy Manor
 - St. Basil's Russian Orthodox Church
- Green Island Community Center 272-7262
- Helderberg Senior Services, Inc. 797-3652
- Senior Projects of Ravena, Inc. 756-8593
 - First Reformed Church of Bethlehem
- Senior Services of Albany 465-3322
 - Louise Corning Center
 - South Mall Senior Center
 - Westview Homes
- Sidney Albert Albany Jewish Community Center, Inc. 438-6651
- Village of Altamont/St. Lucy's Parish Center 861-8554
- Watervliet Senior Citizens Center, Inc. 273-4422

Congregate Services Initiative (CSI)

The Congregate Services Initiative (CSI) funds are used as seed money to initiate new programs or to purchase items that help support ongoing programs that assist elderly people to coming together in community settings. CSI support helps address seniors diverse needs and interests; helps enhance their dignity; support their independence; and encourage their involvement in and with the community.

Congregate Services Initiative provided by:

- Cohoes Multi-Service Senior Citizens Center, Inc. 235-2420

- Community Caregivers, Inc. 456-2898
- Green Island Community Center 272-7262
- Senior Projects of Ravena, Inc. 756-8593
- Senior Centers of the Albany Area, Inc. 465-3322
- Stars Intergen Corporation 439-1505
- Town of Colonie Senior Resources Department 459-5051
- Watervliet Senior Citizens Center, Inc. 273-4422

Expanded In-Home Services to the Elderly Program (EISEP)

A program whereby home care attendants visit homebound elderly to tend to personal care needs. A free needs assessment is included. The program is available to people who are 60 years or older. The fee is based on a sliding scale.

EISEP Provided by:

- Albany County Department of Social Services 447-7177

Health Insurance Information, Counseling and Assistance Program (HIICAP)

This program provides counseling and education about Medicare and other health insurance issues. Includes educating EPIC (Elderly Pharmaceutical Insurance Coverage) enrollees, and their caregivers, about Medicare Prescription Drug Coverage. This program is available to people 60 years of age and older.

HIICAP Provided by:

- Albany County Department for Aging 447-7177
- Senior Services of Albany
 - Town of Colonie Senior Resources Department 459-5051
 - Town of Bethlehem Senior Services Department 439-4955 x4

Health Maintenance, Socialization and Recreation

Provides organized and structured activities designed to promote health through socialization, recreation and education.

Services Provided by:

- Albany Law School- *Senior Citizen's Law Day* 445-3209
- Bethlehem Senior Projects, Inc. 439-4955 x4
- Cohoes Multi-Service Senior Citizens Center, Inc. 235-5420
- Colonie Senior Service Centers, Inc. 459-2857

- Community Caregivers, Inc. 456-2898
- Electronic Body Arts, Inc. 465-9916
- Green Island Community Center 272-7262
- Guilderland Chamber of Commerce- 456-6611

Albany County Senior Employment and Volunteer Fair

- Senior Projects of Ravena, Inc. 756-8593
- Senior Services of Albany 465-3322
- Sidney Albert Albany Jewish Community Center, Inc. 438-6651
- Stars Intergen Corporation 439-1505
- Town of New Scotland 439-4889
- Trinity Institution – Homer Perkins 449-5155
- Village of Altamont 861-8554
- Watervliet Senior Citizens Center, Inc. 273-4422

Home Delivered Meals (Meals on Wheels)

This program offers one or two balanced meals delivered to the homebound elderly and includes free nutritional assessment and counseling. Contributions are suggested, not required.

To be eligible an individual must meet all three of the following criteria:

1. Be incapacitated due to accident, illness, or frailty;
2. Lack the support of family, friends, or neighbors; and
3. Be unable to prepare meals because of lack or inadequacy of facilities.

Case Management and Assessment Provided by:

- Albany County Department of Health 447-4600

Home Delivered Meals Provided by:

- Senior Projects of Ravena, Inc. 756-8593
- Senior Services of Albany in association 465-3322
with Cohoes Multi-Service Senior Citizens Center, Inc. 235-5420

Information and Assistance

The Point of Entry access line provides information and assistance and comprehensive long term care information, referrals, and /or assessments for the elderly, adults and children with disabilities, their family, or service providers. The POE is a collaboration

between Albany County's Departments for Aging and Social Services and works to improve or maintain the person's health and daily function and to inform seniors about resources in the community that address individual concerns and problems.

Information and Assistance Provided by:

Albany County-NYCONNECTS: Choices for Long Term Care Program. 447-7177

Albany County Department for Aging and Albany County Department of Social Services

In Home Care, Contact and Support (Telephone Reassurance, Friendly Home Visitor and Shopping Assistance)

Provides services designed to provide support to homebound individuals and people with limited ability to leave their homes.

Telephone Reassurance Services Provided by:

- American Red Cross of Northeastern New York 458-8111

Friendly Visitor Program Provided by:

- Senior Services of Albany 465-3322

Shopping Assistance Provided by:

- Senior Services of Albany 465-3322

Legal Counseling and Assistance

A service provided by an attorney, which may include advice, representation and assistance with public benefits applications, legal appeals or other legal services. Legal services are available to people who are 60 years of age or older.

Legal Services Provided by:

- Legal Aid Society of Northeastern New York, Inc. 447-7177

Long Term Care Insurance, Education and Outreach Program

Informing the public about long term care insurance and planning for long term care needs.

LTCIEOP Provided by:

- Albany County Department for Aging 447-7177
- GoldenLane Associates, Inc.

Medication Management

A program that provides senior citizens in Albany County with medication management information, to improve senior citizens' understanding of how medications work and the most effective way to take them.

Medication Management Provided by:

- Albany County Department of Health 447-4600

Senior Community Service Employment Program

A means tested employment and training program that offers paid training and job placement for seniors. This program is authorized under Title V of the Older Americans Act. To participate, an individual must be 55 years or older, an Albany County resident and demonstrate the ability not to exceed annual income allowed for program.

Second Careers free employment referral service designed for individuals who do not qualify for the means tested Senior Community Service Employment Program. This program strives to assist the placement of people aged 55 or older in paid full or part time positions.

Employment Services Provided by:

- Albany County Department for Aging 447-7190

Transportation Services

Provides safe, economical transportation to seniors, 60 years of age or older.

Transportation Provided by:

- Medical Transportation Management, Inc. (MTM) 1-866-208-7357
(Coordinates services among various senior service providers)

Weatherization Referral and Packaging Program (WRAP)

The program identifies and refers Home Energy Assistance Program eligible applicants (HEAP) for home weatherization services. Eligibility for other energy program and money saving programs (e.g. food stamps) can also be ascertained. WRAP Applicants must be 60 years or older and meet HEAP eligibility requirements. The income eligibility guidelines are based on 60% of the State median income and family size.

WRAP Provided by:

- Cornell Cooperative Extension of Albany County 756-8650

Special Projects

Healthy Choices NY

Healthy Choices NY is a 2006-2009 statewide initiative to empower older adults by providing evidence-based health promotion programs in community-based settings. The first program component, the Living Health program helps seniors cope with a chronic conditions by teaching techniques such as action planning, problem solving and goal setting and by sharing information on topics such as medication management, how to talk to your doctor, physical activity, relaxation and healthy eating. The second component, Active Choices Program, is a telephone support program to assist participants to increase

their physical activity through the support of a personal telephone coach. The Capital Region, Healthy Choices New York is jointly sponsored by a four county collaborative including the Area Agencies on Aging in Albany, Rensselaer, Saratoga and Schenectady.

Healthy Choices program provided by:

- SUNY Center for Excellence and Aging School of Social Welfare and OASIS
Lifelong Learning Programs 442- 5587

Senior Drivers Assistance

During 2008 Albany County Department for Aging has established a new cooperative contract with Rensselaer County’s Department of the Aging regarding the “Capital Region Older Driver Assistance Program”; pursuant to the State of New York Governor’s Traffic Safety Dept. of Motor Vehicles grant #CP-9914041.

As outlined within this grant this service is defined as; “working in collaboration to improve highway safety through the establishment of a reliable, sustainable and broad-based network of mutually supportive referral pathways and coordinated support services for older drivers”

Senior driver assistance provided by:

- Capital Region Older Driver Assistance Program 447-7177

Senior Citizen Identification Card & CDTA Half Fare Card

Processing and developing of appropriate ID cards for senior discounts and half-fare bus passes. The cards are available to senior citizens and people with disabilities.

Cards Provided by:

- Albany County Department for Aging and 447-7177
Albany County Department of Social Services

For additional information on any of the services mentioned above, please call our information and assistance line at (518) 447-7177.

2000 Municipal Census Data vs. 1990 Census Data

By Age Groups*

<i>Municipality</i>	<i>2000</i>	<i>2000</i>	<i>2000</i>	<i>1990</i>	<i>1990</i>	<i>1990</i>
	<i>60+</i>	<i>60-74</i>	<i>75 +</i>	<i>60+</i>	<i>60-74</i>	<i>75 +</i>
Albany	15695	8588	7107	19472	11542	7930
Berne	457	324	133	438	301	137
Bethlehem	5643	3264	2379	5190	3548	1642
Coeymans	1243	796	447	1327	944	383
Cohoes	3262	1806	1456	3933	2545	1388
Colonie	16332	10022	6310	15341	10733	4608
Green Island	434	257	177	537	367	170
Guilderland	5549	3508	2041	4859	3523	1336
Knox	324	219	105	345	232	113
New Scotland	1552	1080	472	1379	993	386
Rensselaerville	399	273	126	362	253	109
Watervliet	2025	1187	838	2472	1620	852
Westerlo	601	381	220	561	372	189
TOTAL	53516	31705	21811	56216	36973	19243
% of TOTAL	100%	59.2%	40.8%	100%	65.8%	34.2%
1990 TOTALS	56216	36973	19243			
Change 2000-1990	-2700	-5268	2568			

2000 Data is from Census 2000, U.S. Census Bureau, Table DP 1, and Profile of General Demographic Characteristics: 2000. 1990 Data is from summary census data prepared for the Albany County Department for Aging by the Albany County Planning Department. An estimate of the 85+ population in 2004 was 6,541.

*Since preliminary census data was issued for Albany County, there have been two appeals under the count question resolution program. One involved students in dormitories and the other was an internal one of the above municipalities. Neither appeal has any impact on the data provided in the table above.