

DANIEL P. MCCOY
COUNTY EXECUTIVE



GEORGE A. BROWN
COMMISSIONER

ALBANY COUNTY
DEPARTMENT FOR AGING
162 WASHINGTON AVENUE
ALBANY, NEW YORK 12210
ADMINISTRATION: (518) 447-7198
GENERAL INFORMATION: (518) 447-7177

RESOURCES IN ALBANY COUNTY FOR SENIORS AND THEIR CAREGIVERS



To find programs and services in this guide supported by funding from Albany County Department for Aging, New York State Office for Aging and the Administration on Aging, look for the  next to the listing

Programs and services include: Information and Care Planning Assistance, Information and Referral, Veterans Geriatric Care and Case Management, Personal Emergency Response Systems, Shopping Assistance, Friendly Home Visitor programs, Telephone Contact and support, Home Delivered Meals, Transportation, Personal Care Programs and Agencies, Respite, Social and Medical Adult Day Programs, and Caregiver Support Groups and Training Programs.

For more information call Albany County-NY Connects call (518) 447-7177

Information and Care Planning Assistance

- Colonie Senior Resources Department (Town of)** www.colonie.org
Beltrone Living Center, 6 Winners Circle, Albany 12205
Contact Christine Cary: by phone (518) 459-5051
Information and counseling is provided for seniors and their caregivers on a broad range of topics. This service is available for those living in or caring for a loved one living in the Town of Colonie.
- Eddy Alzheimer's Services, Marjorie Doyle Rockwell Center** www.nehealth.com
421 Columbia St. Cohoes, NY 12047 Contact (518) 238-4163
Consultation, assessment and medical evaluation are provided by The Alzheimer's Disease Assistance Center of the Capital Region (AADAC) for those with memory loss and associated changes in functioning and behavior
Medical services may be covered by Medicare, Medicaid or private insurance.
- Jewish Family Services of Northeastern New York** www.jfsney.org
877 Madison Ave. Albany, NY 12208
Contact: (518) 482-8856
Family conferences, assessments, consultations and care management are performed by a licensed social worker for families in need of guidance and assistance in the care of an elder. Fee per meeting, meeting time approximately one hour, call for details.
- St Peter's Hospital Choices** <http://www.sphcs.org/eldercareconsultingchoices>
315 South Manning, Albany, NY 12208
Call: (518)-525-6803
In-home assessment, care management and counseling are provided for families by licensed social workers. Service includes creation and monitoring of a care plan, home safety evaluation and written reports to families. The elder must be 60+ years of age. Call for fee schedule.
- Senior Services of Albany the Caregiver Connection** www.seniorservicesofalbany.com
20 Rensselaer St., Albany, NY 12202
Contact: (518) 465-1398 **Information, counseling and written referral packets** are provided for seniors and their caregivers. Consultation can occur over the phone or in-person (Work or home), at the convenience of the caregiver. The care recipient must be 60+ and need assistance with activities of daily living.

Information and Referral Lines

- Albany County-NYCONNECTS**
162 Washington Ave., Albany, NY 12210
Call: (518) 447-7177
Available 8:30am - 4:30pm for seniors (60+), caregivers, and grandparents raising children.
Albany County NY-Connects is the Point of Entry line for comprehensive long term care information, referrals, and/or assessments for the elderly, adults and children with disabilities, their family, or service providers, free of charge. The P.O.E. line is a joint effort between Albany County's Departments for Social Services and Aging and works to improve or maintain the person's health and daily function by providing access to affordable medical and non-medical services.
- Albany County Department for Aging** www.albanycounty.com/departments/aging
Call: (518) 447-7178; or email: aging@albanycounty.com
The Department provides services for eligible seniors and their caregivers. Services include: nutritional counseling, home care services, caregiver services, home delivered meals, congregate dining, legal counseling, transportation, health insurance counseling, and employment.

Alzheimer's Association of Northeastern New York www.alz.org/northeasternny/

Pine West Plaza, Bldg 4, Suite 405, Washington Ave Ext Albany, NY 12205

(518) 867 4999 or Call: 1 (800) 272-3900

Helpline is available 24-hours a day, seven days a week, providing information, referral and care consultation. The Caregiver Resource Center, located in the Albany office, loans informational resources to its members.

Catholic Charities Caregiver Support Services www.ccrca.org

107 Knott Terrace, Schenectady, NY 12308

Contact Helen Mylod by phone: (518) 346-1852 ex 1; or email caregivers@ccalbany.org

Information and Referral Line is provided for family caregivers including caregivers of the elderly, and grandparents raising grandchildren. Information is available on a variety of topics.

Colonie Senior Resources Department (Town of) www.colonie.org

Beltrone Living Center, 6 Winners Circle, Albany 12205

Contact Chris Cary by phone: (518) 459-5051

Information and counseling is provided to seniors caregivers on a broad range of topics. This service is available for those living in or caring for a loved one living in the Town of Colonie

Community Hospice of Albany www.communityhospice.org/albany.cfm

45 New Karner Rd., Albany, NY 12205

Call: (518) 724-0200 or 1 (800) 678-0711

Information and counseling for the terminally ill and their families and caregivers. Hospice offers a range of services. Hospice also assists with advance directives

Geriatric and Extended Care and Case Management for Veterans

VA Health Network Upstate NY <http://www.visn2.va.gov/gec/index.asp>

Stratton VA Medical Center, 113 Holland Ave. Albany, NY 12208 Call for information: (518) 626-6031

Information, counseling, primary care, home-based care, adult day care, nursing home, Alzheimer's, dementia, and advanced illness care. Services for veterans (or spouses) only, who are enrolled and receiving services from the Veterans Administration. Referrals for care must come from VA doctor.

Albany County Home Delivered Meals

The meals are delivered to eligible Albany County seniors. There is a suggested contributions.

For intake, contact the Albany County NY Connects. Referrals can be made by family, friends, or community agencies. Offers one or two balanced meals are delivered to eligible seniors. To be eligible for home delivered meals, the senior must meet all three of the following criteria:

1. Incapacitated due to accident, illness, or frailty; 2. Lack the support of family, friends, or neighbors;
3. Unable to prepare meals because of lack/inadequacy of facilities.

Personal Care Agencies

Personal Care Agencies include In-home medical care (RN, LPN, OT) and non-medical care (bathing, grooming, ambulation, shopping, cooking, etc.). Charges per hour, call agency for rates, minimum weekly hours and more information about scheduling.

Accu Care, Home Health Services www.accucarehomehealth.com

PO Box 148., Rennselear, NY 12144

(518) 449-1142

Accent Health Care

825 Fifth Ave. Troy, NY 12182

(518) 237-2700

Adept www.adepthealthcare.com

406 Fulton St., Troy, NY 12180

(518) 271-1055

All Metro

1450 Western Ave, Albany, NY 12203

(518) 426-0283

Anytime

1272 Central Ave., Albany NY 12205

(518) 454-9433

Armistead www.armisteadinc.com

95 Dahlia Street Schenectady, NY 12306

(518) 982-1633

Attentive Care

5 Computer Dr. West, Albany, NY 12205

(518) 438-6271

Eddy Home Care http://www.nehealth.com/home_care/

433 River St Troy, NY

(518) 270 1499

Interim/ENS

1735 Central Ave., Albany, NY 12205

(518) 452-3655

Living Resources www.livingresources.org

300 Washington Ave. Ext., Albany

(518) 867-8777

M & T Helping Hands, LLC. www.MandTHelpingHands.com

PO Box 672 , Glenmont, NY 12077

(518)380-9788

Visiting Angels www.visitingangles.com/albanyny

974 Albany Shaker Rd.

Latham, NY 12110

(518) 389-2999

Visiting Nurses Association - Home Care www.vnhc.com/about/homecare.html

Riverview Center, 150 Broadway, Suite 310

Menands, NY 12204

(518) 694-9907

Consumer Directed Personal Assistance Program (CDPAP)

CDPAP's are for Medicaid eligible clients who are chronically ill or physically disabled and who are eligible to receive assistance with ADL's (activities of daily living) or skilled nursing services. The consumer, or the person acting on the consumer's behalf, must assume full responsibility of the personal assistant (home care worker) including: recruiting, hiring, training, back-up coverage, supervising employment, time sheets and payroll records. See www.health.state.ny.us/health_care/medicaid/program/longterm/cdpap.htm for more information, or contact one of the programs listed below.

Accu Care Health Services, Inc., <http://accucarehomehealthservices.com/>

PO Box 148 Rensselaer, NY 12144 (518) 449-1142

All Metro Health Care www.allmetro.com

1450 Western Ave., Albany, NY 12203, (518) 464-0810

Anytime Home Care, Inc. www.anytimehomecare.com

1272 Central Ave., Albany, NY 12205, (518) 464-1940

Attentive Care of Albany, Inc. www.attentiveservices.com

5 Computer Dr., Albany, NY 12205, (518) 438-6271

Consumer Directed Choices, Inc. www.cdchoices.org

7 Washington Square, Albany, NY 12205, (518) 464-0810

Concepts of Independent Choices, Inc. www.coicny.org

Capital District Center for Independence Inc.

875 Central Ave, South 4 Albany, NY 12206, (518) 459-6422

Interim Health Care www.interimhealthcare.com

1735 Central Ave., Albany, NY 12205, (518) 452-3655

Visiting Nurses Association www.vnhc.com

150 Broadway, Menands, NY 12204, (518) 694-9907

Private Hire Individuals for Home Care

Care.com website <http://www.care.com/albany-home-care> Search website by zip code for Local Private Hire Home Care workers who have had a background check. The website allows you to search services such as: errands/shopping, personal care, light housecleaning, meal preparation, transportation services and non-medical care (bathing, grooming, ambulation, shopping, cooking, etc.). Abilities and rates per hour vary. Check references. Caregivers can join with free membership and access to all features of the website. (This listing is not an endorsement)

In-Home Services

Shopping Assistance, Friendly Home Visitor, Telephone Contact and Support, Home Delivered Meals and Transportation

Community Caregivers www.communitycaregivers.org

2021 Western Ave. Suite 104 Guilderland

Call: (518) 456-2898

Respite Visits, Light Housekeeping and Shopping Assistance are among the many services provided by Community Caregivers volunteers to support seniors and the efforts of caregivers. There is no cost for these services and they are available to those living in the Town of Guilderland and some surrounding communities.

Community Hospice of Albany www.communityhospice.org/albany.cfm

45 New Karner Rd., Albany, NY 12205

Call: (518) 724-0200 or 1 (800) 678-0711

In-home services include visits by medical professionals, social workers, home health aids, chaplains and trained volunteers.

Senior Services of Albany The Caregiver Connection www.seniorservicesofalbany.com

20 Rensselaer St., Albany, NY 12202

Contact: (518) 465-1398; or email: **Information and Assistance, Friendly Home Visiting and Shopping Assistance** are available by grant funding on a limited basis. The care recipient must be 60+ and need assistance with activities of daily living. In order to receive grant funding for payment, request must come from a caregiver.

Expanded In Home Services Program (EISEP)

Albany County- NY Connects Point of Entry at: (518) 447-7177 (currently there is a waiting list for this program)

EISEP services are supported by Albany County Department for Aging. The services provide non-medical assistance for seniors 60+ who need help with everyday activities to take care of themselves who want to remain at home and are not eligible for Medicaid. EISEP services include non-medical EISEP case managers help older

people and their families to decide what help is needed and to arrange for those services. In-home services include housekeeping, personal care, respite, and related services. Funding and availability limited. EISEP clients are required to cost share according to a sliding scale reflecting their income and the cost of the services they receive.

Housekeeping/Cleaning Services

The following housekeeping/cleaning service listing is from online Yellow Pages:

(This listing is not an endorsement)

Care.com website: <http://www.care.com/housekeeping-p1115.html>

Search for local private hire housekeepers by zip code for a listing. All housekeepers have had a background check. Check references. Caregivers can join with free membership and access to all features of the website.

Kim's Cleaning Service (877) 768-5145 Albany, NY Kim's Cleaning Service does a variety of cleaning services for busy professionals, seniors trying to stay in their home, or anyone too busy and needing help around their home or business.

Agape Cleaning Services (877) 342-4099

Watervliet, NY Maid Service One Time/Recurring Services Move in and move outs

Specializing in Commercial and Residential

Twinkle Shine Cleaning (877) 340-7256

Schenectady, NY Residential one time cleaning or recurring maid service

Capital Area Housekeeping (518) 227-0888

Albany, NY House cleaning and window cleaning

The Maids (518) 213-2193 Albany, NY House cleaning with four-person cleaning teams using environmentally preferred products.

Ecomajds (518) 289-4060

Albany,

NY House cleaning using Green Seal Certified cleaning solutions, and methods, multi-level HEPA-filtered vacuums, and microfiber tools and cloths. Employees are screened, bonded and insured, and trained in green cleaning techniques.

Albany White Wing Cleaning Service (518) 229-3945

Albany, NY House cleaning, deep cleaning, including ovens

Respite Care and Adult Day Service

Respite and Adult Day Care Services provide temporary relief for caregivers and provide services for those who are physically frail or cognitively impaired, and in need of some assistance with activities of daily living. Services may include temporary respite in the senior's home or give the senior a safe caring environment and/or give caregivers: a temporary break from the 24-hr caregiver role; ability to retain a job; avoid the need for permanent placement in assisted living or a nursing home.

Depending on the level of assistance needed, services could include short term respite in a nursing home or care facility; temporary or ongoing; adult daycare, in-home assistance, care facility. Payment may include self pay, insurance, Medicare or Medicaid. Some grant funding may be available through Albany County Department for Aging (look for * noted programs). Contact the facility for payment options.

In-Home Care Programs

 **Catholic Charities Caregiver Support Services** www.ccrda.org

107 Knott Terrace, Schenectady, NY 12308

Contact Helen Mylod by phone: (518) 346-1852 ex 1; or email caregivers@ccalbany.org

Respite care is available by grant funding for caregivers of the elderly. Respite may be available for: in-home by home health aids, an adult day program or at an adult home. To be eligible, the care recipient must be 60+ and need assistance with the activities of daily living.

Community Caregivers www.communitycaregivers.org

2021 Western Ave. Suite 104

Call: (518) 456-2898

In-Home Respite Care is provided from 2-4 hours per day by volunteers to give the caregiver a much needed break. There is no cost for these services and they are available to those living in the Town of Guilderland and some surrounding communities.

Community Hospice of Albany www.communityhospice.org/albany.cfm

45 New Karner Rd., Albany, NY 12205

Call: (518) 724-0200 or 1 (800) 678-0711

In-home respite care is available by home health aids. No cost for these services.

Social Adult Day Service Programs

Some Adult Day Service programs offer planned therapeutic recreational activities, (a.k.a. the Social Model) and some adult day programs offer health care, (a.k.a. the Medical Model). The Medical Model programs include nursing care and Alzheimer's or dementia care.

Colonie Senior Service Centers

6 Winners Circle, Colonie, NY 12205

M-F, 8:00am - 4:00pm

Contact: (518) 459-2857 ext 322 or email: brighthorizons@colonieseniors.org

Social Adult Day Service Respite is available to any adult wishing to participate in a Social Adult Day Service program. Financial assistance may be available. **Day programs** are available at three locations: Bright Horizons Social Centers www.brighthorizonssocialcenters.org/

* **Bright Horizon Social Centers at Beltrone**, 6 Winners Circle, Colonie, NY

* **Bright Horizons Clifton Park**. 1673 Route 9 (in the HealthPlex) **Clifton Park**, NY 12065. Ph: (518) 371-2191.

***Bright Horizons at Carodelet**, at **St. Joseph's Provincial House** 385 Watervliet Shaker Rd., Latham, NY *

***Bright Horizons at Guilderland** , 10 Karner Rd, Karner Plaza , Guilderland NY

Cohoes Multi-Service Senior Citizen Center www.cohoesseniorcenter.org/Services.htm#Adult_Day_Care

10 Cayuga Plaza, Cohoes, NY 12047

M-F, 9:00am - 4:00pm

(518) 235-2420

Eddy DayBreak at Rensselaer www.nehealth.com/Senior_Services/Adult_Day_Services/

50 Herrick St., Rensselaer, N Y 12144

M - F, 8:00am - 5:00pm

(518) 436-4302

Senior Services of Albany (2 locations) www.seniorservicesofalbany.com

***Newgate Social Adult Day**

760 New Scotland, Albany, NY

M - F, 8:30am - 4:30pm

(518) 449-8035

***Helderberg Haven**

Helderberg Lutheran Church, 1728 Helderberg trall (RT. 443), Berne, NY

Our Lady of Hope Residence Jeanne Jugan Program

1 Jeanne Jugan Lane, Latham, NY 12110

M - F, 8:00am - 4:00pm

(518) 785-4551

Medical Model Program

Medical Model adult day services are available for those who need Mon-Fri, 7:30am-5:00pm. Upon admission, the individual may qualify for an Albany County grant covering 10 visits. To be eligible, the care recipient must be 60+ and need assistance with the activities of daily living. Referral must be made by the caregiver.

Eddy DayBreak at Eddy Cohoes Rehabilitation Center www.nehealth.com/Senior_Services/Adult_Day_Services

421 West Columbia Street, Cohoes, NY 12047

M - F, 7:30am - 5:00pm

(518) 237-5633

Eddy Daybreak, Marjorie Doyle Rockwell Center www.nehealth.com

421 Columbia St, Cohoes NY 12047 Contact Donna Hervieux: (518)238-4061

Greatdays Adult Day Health of Daughters of Sarah Senior Community

180 Washington Ave. Ext., Albany NY 12203

(518) 724-3221

Guildcare

2 Clara Barton Drive, Suite 118, Albany, NY 12208

M - F, 8:00am - 4:00pm

(518) 396-3626

VA Medical Center Adult Day Care Program (for Veterans)

113 Holland Avenue, Albany, NY 12208

M - F, 8:00am - 4:00pm

(518) 626-5000

Temporary Respite in Nursing Homes and Medical Care Facilities

Albany County Nursing Home www.albanycounty.com/nursinghome

780 Albany Shaker Rd, Albany, NY 12211

(518) 869-2231

Short term Respite, Rehabilitation provided in a skilled nursing care facility with 2 dementia units, Public, Non-profit, 5-story nursing home with 420 beds. Private pay cost \$245/day for private room, \$240/day for semi-private room. Facility Physician: Dr Jose Neberes

Medical model adult day services are available for those in need Mon-Fri, 7:30am -5:00pm. Upon admission, the individual may qualify for an Albany County grand covering 10 visits . To be eligible, the care recipient must be 60+ and need assistance with the activities of daily living. Referral must be made by the caregiver.

Eddy Ford Nursing Home

421 West Columbia St, Cohoes, NY 12047

(518) 238-4112

Respite Care in a skilled nursing care facility with 2 respite beds (Dementia care provided). Private pay cost \$260/day for private room, \$255/day for semi-private room. Facility Physician: Dr Wolfe. This is affiliated with Northeast Health.

Greatdays Adult Day Health of Daughters of Sarah Senior Community

180 Washington Ave. Ext., Albany NY 12203

(518) 724-3221

Respite Care from 1-30 nights of medically supervised care for senior or disabled adults who cannot live alone, and whose caregiver needs to be away. Center provides a full range of social, cultural, religious and physical programs. Please make reservation 4-6 weeks in advance.

Julie Blair Nursing and Rehabilitation Center

325 Northern Blvd, Albany, NY 12204

(518) 449-1100

Respite Care, Rehabilitation in a skilled nursing facility with respite as available and short term rehabilitation. Dialysis patients are accepted. Call for costs for private pay for private room, semi-private or quad rooms. Facility Physician: Dr. Michael Nakao.

Teresian House

200 Washington Ave Ext., Albany, NY 12203

(518) 456-2000

Respite in a secure dementia unit with 51 beds, 2 respite beds, all private rooms and a small kitchen. Community dining and Adult daycare on site call for costs.

Transportation

American Cancer Society Road to Recovery www.cancer.org

260 Osborn Road, Loudonville 12211

Transportation contact: 1 (800) 227-2345 or (518) 438-7841

Medical transportation for ambulatory cancer patients. Volunteers provide transportation Monday-Friday 8:30 AM- 4:30PM with 48 Hr. notice.

Bethlehem Senior Services www.townofbethlehem.org

Bethlehem Town Hall, 445 Delaware Ave., Delmar, NY 12054

Contact: (518) 439- 4955 x 4

Accessible Transportation is available to medical appointments, other appointments, and errands for those 60+ and living in the Town of Bethlehem. Handicap accessible. Appointments should be made before 2:00PM. Reservations should be made in advance. Contributions encouraged.

Colonie Senior Service Centers* www.colonieseniors.org

Beltrone Living Center, 6 Winners Circle, Albany 12205 Contact Victoria Jones: (518) 459-2857

Transportation is available to medical appointments and other errands for those 60+ and living in the Town of Colonie. Escort transportation for seniors pre-qualified to utilize the "Good Turns Senior Escort Wagon." Escorts can stay with the senior during the appointment if requested. There is a voluntary contribution of \$4 each way inside the Town of Colonie, \$6 each way outside of the Town of Colonie and \$8 each way for wheelchair-accessible.

Community Caregivers www.communitycaregivers.org

2021 Western Ave. Suite 104

Call: (518) 456-2898

Transportation available to those living in the Town of Guilderland and some surrounding communities.

Jewish Family Services of Northeastern New York www.jfsneny.org

877 Madison Ave., Albany, NY 12208

Contact: (518) 482-8856

Escort transportation for shopping, doctor, banking, personal errands for seniors who are independently mobile and living in City of Albany. Seniors must register with JFS in order to receive services.

CDTA ACCESS Transportation

Call (518) 437-5161 **Transportation** to appointments is available for seniors (60+) in most areas of Albany County. The operator will need the appointment time, destination address, phone number and pick up time. Requests for transportation require a 48-hr notice. The suggested contribution (\$4.00) is accepted, but not required.

S.T.A.R. (Special Transit Available by Request) http://www.cdta.org/riding/star_forms.php a program of CDTA (Capital District Transportation Authority) www.CDTA.org

110 Watervliet Ave. Albany, NY 12206

Call: (518) 437-5161 **Accessible Transportation** to appointments for those who live outside of the CDTA fixed-

route bus system and have a disability or impairment or for those who have substantial difficulty using CDTA. New clients must submit application with doctor's verification of disability. Call CDTA for information about the program and for an application

Medical Answering Services Inc. (MAS) 855-360-3549 fax 315-299-278, www.medanswering.com

Medicaid Transportation for medical appointment are booked through MAS, An answering service for medicaid recipients only. Appointments may be booked by phone, fax or website. To book a medical appointment Medicaid clients will need to provide: Name, Birth date, Address, Contact Number, Reason for Transportation, Name of physician that will be seen, Date and time of the appointment, Location you will be attending, Transportation vendor with whom you prefer to ride, Any other special instructions needed for the trip

Ambulette and Wheelchair Transportation

Allcare Transportation

2 Elmwood Road, Albany 12204

Contact (518) 462-5923

Wheelchair service Monday-Friday 8 AM- 5PM Call for round trip minimum fee. Stretcher service is available, for a base fee.

Capitaland Ambulette Service

22 Kraft Ave., Albany, NY 12205

Contact (518) 438-1015

Wheelchair service Monday-Friday 8:00am - 4:00pm

DJ Ambulette

779 River St., Troy

Contact (518) 235-2610

Wheelchair service

Empire Medi-Van

149 Remsen St., Cohoes, NY 12047

Contact (518) 235-2610

Wheelchair service 7 days a week

Assistive Devices

NY State's TR Aid Equipment Exchange Program "matches" or connects people who have assistive devices they no longer need with people with disabilities who could use those devices. The types of devices for sale or for donating include: wheelchairs, hospital beds, accessible vans, ramps, lifts, crutches, shower chairs, etc. The program is available to New York State residents only, and is free of charge. **For information about the program call the NYS Office of Advocate for Persons with Disabilities at (800-522-4369) and ask for the TR Aid-IN service to list, at no cost, devices being sought or devices that are available. Your name will be listed in the database with information on the equipment that you are donating / selling, or help you find equipment that you need.**

Northeastern Association of the Blind at Albany (NABA)

301 Washington Avenue, Albany Contact: (518) 463 1211 Email: info@naba-vision.org

Vision Rehabilitation Services- NABA's vision rehabilitation therapists work in-home and on-site with individuals to develop the skills and techniques that facilitate independent living. Individuals also receive training in the use of low vision aids and/or adaptive technology designed for people with little or no vision. Rehabilitation Services Orientation & Mobility Training, Intake Assessment, Adapted Daily Living Skills, Social Work and Counseling, Assistive Technology Instruction and Vision Rehabilitation Therapy.

Starkey Hearing Foundation -Hear Now

6700 Washington Ave. S. Eden Prairie, MN 55344

Contact 1-800-328-8602 x 2358 email: hearnow@starkey.com to request an application for assistance

Hearing Aide Assistance the Hear Now department helps people who need hearing aides but cannot afford them. (to be eligible must have low income and limited assets, must complete their application with \$125 processing fee. If criteria met,

hearing test and Starkey 3 Series hearing aide paid for by foundation. See link to hearing aide type:

<http://www.starkey.com/hearing-aids/technologies/3-series-wireless-hearing-aids> fees are refunded if person not eligible.

Personal Emergency Response System (PERS), Medication Dispensers and Health Monitors

Personal Emergency Response System (PERS) is a help button that you can wear as a necklace or a wrist watch. When you press the button you can summons help 24 hours a day 7 days a week. This device can reduce the risks of living alone, in the event of an emergency. The installation and monthly fee varies for each program, call the program for costs.

Albany Visiting Nurses Association-Health Watch Program

35 Colvin Avenue, Albany 12206

(518) 489-2681 ext. 248

Eddy Lifeline www.nehealth.com/home_care/Lifeline/

433 River St. Troy, NY 12180

(518) 833-1040

Ellis Hospital Lifeline

600 McClellan St. Schenectady, NY 12308

(518) 243-4681

Phillips Lifeline

1 (800) 543-3546

Link to Life

297 North St.

Pittsfield, MA 01201

1 (800) 848-9399

Alert One

24 West Fourth St.

Williamsport, PA 17701

1 (800) 693-5433

Albany County Department for Social Services

Personal Emergency Response service may be available on a limited basis to relieve caregivers of care receivers who are over 60 and who need assistance with two activities of daily living and who live in Albany County.

Call: (518) 447-7177; or email: aging@albanycounty.com

Support Groups for Caregivers

Alzheimer's Association of Northeastern New York <http://preview.alz.org/northeasternny/>

85 Watervliet Ave., Albany, NY 12206

Contact (518) 438-2217

Support Groups: The chapter currently sponsors approximately 10 monthly support groups which meet at various locations in Albany County. Call for times and locations.

Bethlehem Senior Services (Town of) www.townofbethlehem.org

Bethlehem Town Hall, 445 Delaware Ave, Delmar, NY 12054

Contact Jane Sanders: (518) 439-4955 x174 jsanders@townofbethlehem.org

Catholic Charities Caregiver Support Services www.cccaregivers.org

107 Knott Terrace, Schenectady, NY 12308

Contact Helen Mylod by phone: (518) 346-1852 ex 1; or email caregivers@ccalbany.org

Support Groups are available in Albany County for caregivers of the elderly.

Colonie Senior Service Centers www.colonieseniors.org

Beltrone Living Center, 6 Winners Circle, Albany 12205

Contact: (518) 459-2857 x322 or email: csscbright Horizons@nycap.rr.com

The Alzheimer's Café is open on the first Thursday of each month, from 6-8pm at the Beltrone Living Center. Light refreshments are served at no cost and no reservation. At around 6:30 there will be a welcome and announcement of the optional educational program (held in another room). Attendees can stay in the Café and socialize or attend the education program.

Community Hospice of Albany County <http://www.communityhospice.org/NetCommunity/Page.aspx?pid=183>
445 New Karner Rd., Albany 12205

Contact: (518) 724-0200

Support Groups for those dealing with bereavement and loss. Call for locations.

Eddy Alzheimer's Services, Marjorie Doyle Rockwell Center www.nehealth.com

421W. Columbia St. Cohoes, NY 12047

Call (518) 238-4163

Caregiver Support Group meetings are held on the 2nd Thursday of the month from 2:30-3:30pm.

Early Stage Alzheimer's Support Group, held in cooperation with Alzheimer's Association. Meetings are held at the Center and an interview is required for participation in the groups.

 **Senior Services of Albany the Caregiver Connection** www.seniorservicesofalbany.com

20 Rensselaer St., Albany, NY 12202

Contact (518) 465-1398

Telephone Support Groups meet via conference so that the participants can participate from the convenience of their own home. The number of participants is limited.

Training for Caregivers

 **Senior Services of Albany the Caregiver Connection** www.seniorservicesofalbany.com

20 Rensselaer St., Albany, NY 12202

phone: (518) 465-1398 1398

Alzheimer's Association of Northeastern New York <http://preview.alz.org/northeasternny/>

Pinewest Plaza, bldg 4, suite 405, Wash Ave Ext Alb 12205

Contact (518) 867 4999

Family Education Workshops are held monthly at various sites. Topics include a comprehensive overview of dementia and Alzheimer's disease, meeting daily challenges, and communication.

Caregivers Conference held each November at the Holiday Inn Turf on Wolf Rd. Colonie, NY.

Eddy Alzheimer's Services, Marjorie Doyle Rockwell Center www.nehealth.com

421 Columbia St. Cohoes, NY 12047 Contact : (518) 238-4163

Family Forums monthly educational programs are available on topics of interest to families of individuals with dementia with professional guest speakers; held at the Center.

Savvy Caregiver Program is a six week course for family caregivers of individuals with dementia; held at various sites in the county.

Eldercare Seminars are brought to your group (e.g., church, employer, library, and club) by professionals in their field. Seminar topics to choose from: Paying for Care; Estate Planning; Home Safety; Communicating with Your Older Relative; Legal Issues; and more. Audience must consist primarily of caregivers.

On Line Resources & Training for Caregivers

The following website provide information for caregivers. all booklets that include step-by-step instructions on the basics of providing care.

Caregiver Handbook - Washington State Aging and Disability Services Administration

<http://www.dshs.wa.gov/pdf/Publications/22-277.pdf> all booklets that include step-by-step instructions on the basics of providing care.

Because We Care – A Guide for People Who Care – Administration on Aging

<http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease> all booklets that include step-by-step instructions on the basics of providing care.

Caregiver Guide – National Institute on Aging

<http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease>

Training Manual for Alzheimer's Caregivers - Wisconsin Department of Health and Family

Services <http://www.dhs.wisconsin.gov/aging/genage/changing.pdf>

Websites for Caregivers

Capital Region Caregivers Coalition <http://www.capitalregioncaregiver.com/> The Capital Region Caregiver Coalition is an informal group of professionals dedicated to educating caregivers about the resources available to them in New York's Capital Region. The group holds a Tools for Caregivers event each spring, offers free educational presentations by the member professionals and produces a quarterly newsletter. For more information visit the website.