

Mission

To assist older adults and persons with long term care needs to live independently in their homes and communities with quality of life and dignity.



**TOMPKINS COUNTY
OFFICE FOR THE AGING**

Aging Better, Together

Services of our Office



Directly Provided Services of our Office



TOMPKINS COUNTY
OFFICE FOR THE AGING

Aging Better, Together

- NY Connects-LTC Services-Information, Referral and Counseling
- Personal Emergency Response System (PERS)
- Health Insurance Counseling
- Public Information and Outreach
- Caregiver's Resource Center and Alzheimer's Support Unit
- Project CARE Friendly Visiting
- Home Energy Assistance Program (HEAP)
- Falls Home Safety Assessments/CAPS Evaluations
- Senior Farmers Market Nutrition Program
- Gadabout Transportation Tickets
- Personal Care Aide-EISEP and Unmet needs programs
- Long-Term Care Ombudsman Program serving Tompkins, Chemung, and Schuyler Counties
- Social Engagement Innovations
- Yard Work/Snow Shoveling List

NY Connects- Information, Referral and Counseling

The NY Connects- Office for the Aging is the community's source for information regarding the broad services for older adults and persons with long-term care needs. We offer-

- A Person-Centered Approach.
- Help people navigate community resources and options based on their specific needs and refers to appropriate programs and services.
- Guides people through the various processes of getting assistance.
- Assists in getting information on subjects per specific requests.



Personal Emergency Response System (PERS)

- A partnership between Tompkins County Office for the Aging and Doyle Medical Monitoring.
- Designed for individuals who are at risk of falling or experiencing other medical emergencies.
- Trained operators at Doyle's call center answer distress calls to determine what kind of service is needed.
- Outreach workers visit the home to make a demonstration, install the device, and troubleshoot any problems that arise after the installation.
- Rental fees are \$25/month and up, depending on the type of device and capability.



Health Insurance Information, Counseling and Assistance Program (HIICAP)

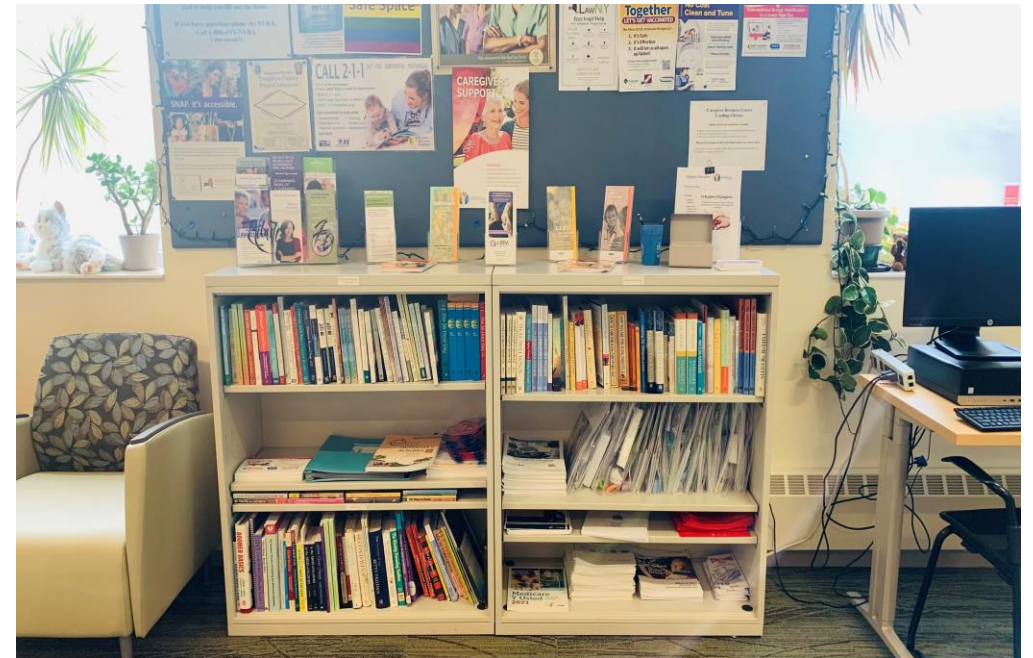
The Office for the Aging is happy to assist you with health insurance questions or concerns. Our trained staff can answer questions regarding such programs as Medicare, Medicaid, and Medicare Savings Program, as well as others. Staff at the Office for the Aging work in conjunction with the HIICAP program at Lifelong to meet the needs of older adults with health insurance problems or questions.



Caregiver Resource Center and Alzheimer's Support Unit

The Caregiver Resource Center is here to help clients stay healthy as they care for their loved one. Our office has-

- A Caregiver lending library
- Newsletter
- Caregiver Support Group, trainings and workshops.
- Caregiver Counseling: Focuses on resources to assist you with caregiving
- Respite care
- 6 Week Powerful Tools for Caregivers course



Project CARE Friendly Visiting Program

Project CARE friendly visiting community volunteers provide companionship to adults, aged 60 or over, experiencing loneliness or social isolation via in-home, virtual or phone weekly visits.

These programs can also provide Caregivers with a short break.

Project Generations is a part of Project CARE, but the volunteers are undergraduate students from Cornell University and Ithaca College who offer more of a generational experience.



Home Energy Assistance Program (HEAP)

This program provides assistance with home heating costs and heating equipment repairs for income eligible households. Our office helps with-

- HEAP regular heating benefit and Emergency heat and heat-related utility applications.
- Cleaning/Maintenance (Clean & Tune) applications.
- Heating Equipment Repair and Replacement (HERR) applications.



Falls Home Safety Assessments

Home Safety Assessments offered to residents of Tompkins County.

- Observe fall risks (throw rugs, lack of handrails, uneven floors/ground, modes of egress, etc.).
- Make referrals to local resources (INHS, FLIC) to make modifications/repairs.

Our office also has a Self Assessment guide available for clients who would like to do the Home Safety Assessment privately.



Aging in Place Evaluations

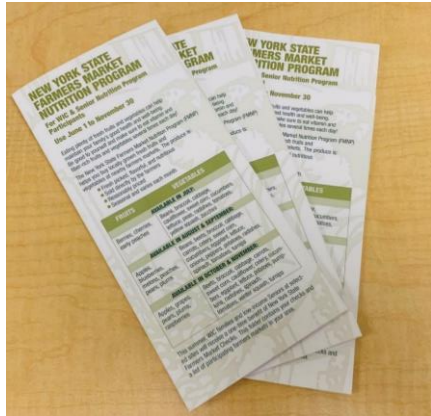
Aging in Place Evaluations, with a focus on Universal Design (UD).

UD is the design and composition of an environment so that it can be accessed, understood, and used to the greatest extent possible by all people regardless of their age, size, ability or disability.

The client can also request the guide and perform the evaluation privately.



Senior Farmer's Market Nutrition Program (SFMNP)



In late Spring/Early Summer each year, the Office for the Aging helps distribute Farmer's Market Coupons to eligible older adults. Eligible clients can receive a booklet of 5 - \$5 coupons that can be used at participating Farmer's Markets across NYS.

Gadabout Transportation Tickets

One-way ride Gadabout transportation tickets. Residents aged 60 or older can receive-

- Up to 10 tickets per person, per 12-month period.
- Zone 1 or 2, or a combination.
- Tickets can be received in-person at our agency or mailed to clients.

Gadabout provides rides within Tompkins County Monday-Friday during normal business hours with at least two days notice. Rides can be scheduled to attend medical appointments, go shopping, out to lunch, visit a friend and more.



EISEP and Unmet Needs Personal Care Aides

EISEP The Expanded In-home Services for the Elderly Program (EISEP) is a program that provides, non Medicaid, non-medical services and supports to help older adults who need help with daily activities: dressing, bathing, personal care, shopping, and cooking.

Unmet needs funding is used to help support this program.

2 PT PCAs 20 hours a week serving our in home care clients.



Long-Term Care Ombudsman Program (LTCOP)

Certified ombudsmen are advocates for residents of long-term care communities (assisted living, family-type homes, and skilled nursing facilities).

Trained staff and volunteers protect residents' rights through weekly facility visits, resident complaint investigations, and by providing education and resources to facility staff, residents, and family members. This free and confidential service aims to ensure all residents are treated with dignity and respect while they receive the highest possible quality of care and life.

Our Ombudsman program covers residents of long-term care facilities in Region 12, Tompkins, Chemung, and Schuyler Counties.



Companion Pets

- Animatronic pets are available to older adults who are experiencing dementia, loneliness, social isolation, or a related need. These pets provide companionship and comfort. Some eligibility guidelines apply. Options include cat, dog or bird. Contributions to this program are welcome but not mandatory.



ElliQ

- ElliQ is a voice-operated, digital care companion that helps older adults remain active, engaged, and independent. It is proactive, personalized, empathetic, and is designed for older adults who spend most of their day alone. Throughout the day, ElliQ will initiate conversations, suggest activities, and give her user reminders. ElliQ proactively supports her user with- Entertainment and Company, Health and Wellness, Connection to loved ones, and Day-to-day activities.



Intergenerational Board Games

- The Joy for All Board Games are reimagined classics that are a perfect way to encourage peer to peer and multigenerational play! These games feature age-inclusive components, trivia, and references that cater to players of all ages. Available at Lifelong too!



City of Ithaca Parking Passes

- Pre-Paid Street Parking Scratch-off Cards available for purchase. Cards are sold in increments of 15 minutes, 20 minutes, 1 hour, 1.5 hours, and 2 hours. Once purchased, you simply scratch off the appropriate date and time and leave the card on your dashboard while you park.



Yardwork and Snow Shoveling

We maintain a community list of individuals willing to help with yardwork, snow shoveling, or certain small jobs on a paid and volunteer basis.



Contracted services of our Office



- **Foodnet Meals on Wheels:** Senior Nutrition Program-Congregate and home-delivered meals, nutrition counseling and education.
- **Lifelong:** Senior Circle Newsletter, Mosaic Program, Health Insurance Counseling, Aging Mastery Program, Tax Program, Bingocize, Virtual Senior Center
- **Tompkins County Long Term Care Services:** Case Management and the Expanded In-Home Services for the Elderly Program (EISEP) and Caregiver respite.
- **INHS:** Health and safety related home repairs for income eligible seniors.
- **Finger Lakes Independence Center:** Registry Program, linking individuals needing in-home assistance with independent persons for hire.
- **Legal Assistance of Western New York (LawNY):** Legal assistance in civil matters.
- **Human Services Coalition:** Coordination of the Long-Term Care Committee
- **Personal care and chores or housekeeping assistance are provided by the following agencies:**
 - Caregivers
 - Home Instead
 - Finger Lakes Independence Center Consumer Directed Program



For more information about the services that we offer,
please visit our website at: www.tompkinscountyny.gov/cofa
or Facebook at: www.facebook.com/tcofficefortheaging

Hours: Monday – Friday 8:30-4:30

Phone: 607-274-5482