

Tompkins County Long Term Care Committee Meeting Minutes

November 1, 2024 Noon

Location: Hybrid / In-person at County Office for the Aging

Facilitated by Sue Ellen Stuart

In Attendance:

Caryn Bullis, Karen Brown, Andrea Davis, Beth Harrington, Terry, McCann, Angela Mennitto, Cathay Milian, Tammy Moliviatis, Lisa Monroe, Dawn Sprague, Nicole Zulu

Sue Ellen Stuart opened the hybrid meeting by announcing that Visiting Nurse Services is celebrating Home Health Care month.

Member Highlight

Dawn Sprague and Andrea Davis from Tompkins County Office for the Aging presented on services available in Tompkins County. PowerPoint and video are available here

<https://hsctc.org/hpc-presentations/>

<https://youtu.be/P7QyKS8W59Y?si=eOSHjJeKrozLVaoN>

Services reviewed:

NY Connects-LTC Services-Information, Referral and Counseling Directly Provided Services of our Office • 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.

- 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 farms.

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:

Foodnet Meals on Wheels: Senior Nutrition Program-Congregate and Contracted services of our Office 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

Questions were fielded by COFA. It was agreed that this was an excellent opportunity to learn more about the abundance of services offered in Tompkins County, and that many times people are unaware of the services. It was suggested that we as a committee suggest having Dawn and Andrea do this presentation for local groups, organizations, etc. Sherri Salvione (Assemblymember Kelles Office) had questions on statistics on the services mentioned in the presentation. Lisa Monroe and Caryn Bullis from COFA fielded her questions.

Go-Go Grandparents is a program that was not included in the presentation. [Lisa Monroe](#) discussed it briefly. It's a program older adults can use for medical appointments and is currently being piloted. Initial feedback has been positive. It is based on a Uber / Lyft system in

which COFA clients are registered and the ride is billed (so no cost to the client). The ride is arranged and then the client calls for pick up.

UPDATE on

UPDATE on Home Health Aide Recognition event by Nicole Zulu

Details of the upcoming event was discussed.

Home Health Aide Recognition Event

When: Nov 13, 2024 4-6 PM

Where: Foundation of Light on Turkey Hill Road

Agenda for the event was reviewed and discussed.

Method to distribute / raffle gifts baskets reviewed. It was agreed that since there may not be a gift basket for everyone in attendance, we would draw names and let them select the gift basket of choice. Each person will receive a bag of smaller gifts and swag.

Volunteer schedule and needs reviewed.

COFA will have volunteer / interns create bags with giveaways for aides who attend. Items should be dropped off prior to Tuesday (11/12) at 1 pm. Nicole reviewed what is still needed for the event.

Volunteer roles were reviewed and what time they should arrive. Karen Brown to communicate to the volunteer list about when/where to report.

Home Health Aide Recognition Event

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Where: Foundation of Light on Turkey Hill Road

We have enough gift bags to give out 50 people. Registration is still lower than we would like, so please continue to promote.

Upcoming Tough Stuff (DEC 5) speaker is Matthew Lee from Southern Tier Independence Center (STIC) will present on the program Open Doors which will review how people living in nursing homes can utilize community services.